

Save good food. From going bad. GLAD Wrap

ontents **APRIL** 2015

FOOD

36 FRESH

We're digging the fig

40 IN SEASON

Winter's almost here and so is the hearty hubbard squash

58 AN AFRICAN EASTER

Prepare an Easter feast with local flair

72 TOAST OF THE TOWN

Spruce up your French toast

FEATURES

20 THE WHOLESOME TRUTH

Waterkloof Wine Estate is all about honest food and wine

66 BON APPÉT-EAT

Moreish, mouth-watering memories to be had at Northcliff's Eat

78 A TASTE OF HOME

Fyndraai Restaurant celebrates indigenous flavour

96 PARED-DOWN PERFECTION

Fresh, simple and spectacular fare at Kievits Kroon's Granita

104 THE SWEET SECRET

OF SUCCESS

Nibbling on 1701's nougat

REGULARS

2 ED'S LETTER

11 FOOD BITES

News, trends, shopping, restaurants, decor, products and time savers

28 DRINK UP

Get up-to-date liquid views and news

32 BOOKS FOR COOKS

The latest on the cookbook shelves 34 KITCHEN FILES

Tips, tricks and nice-to-know info

118 RECIPE INDEX

118 STOCKISTS

118 TRIVIA ANSWERS

How well do you know your food?

ON THE COVER

Simnebun cake with Italian meringue & caramel-chocolate sauce

Recipe and styling by THULISA MARTINS Assisted by NOMVUSELELO MNCUBE Photograph by DYLAN SWART

120 TRIVIA

121 SLICE OF LIFE

Nikki Friedman of Môreson Wine Estate brings home the bacon

COMPETITIONS

6 DEAR FOOD & HOME...

Share your views and win a two-night stay for two at Sun International's vibrant GrandWest's Grand Hotel in Cape Town worth R5 000

30 WIN WITH DOOLHOF WINES

One lucky reader can win a mixed case of Doolhof wines valued at R740

32 WIN A COPY OF THE PÂTISSERIE OF DREAMS

Five lucky readers can win a copy of Philippe Conticini and Thierry Teyssier's The Pâtisserie of Dreams worth R609

65 SUBSCRIBE

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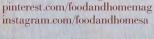
95 WIN A COPY OF SWEET

Three lucky readers can win a copy of Sam Linsell's Sweet worth R250

102 WIN WITH KAPAMA RIVER LODGE

One lucky reader and a partner stand a chance to win a two-night stay at Kapama River Lodge, worth R27 000





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COVER STORIES

This Easter, play around with these

Mix things up with holiday-favourite

creative hot cross bun recipes

88 COOKBOOK EXTRACT

52 THE ESSENCE OF EASTER

Sam Linsell's new release, Sweet

Your stateside guide to the tastiest

cuisine New York and San Francisco

112 UNITED TASTES OF AMERICA

46 HOT CROSS FUN!

luscious lamb

have to offer

Photograph by Myburgh Du P

ED'S LETTER

Pure whimsy

uch more than Christmas, the build-up to Easter brings out my whimsical side – those endearing rotund eggs, floppy-eared bunnies and fuzzy chicks turn my heart to putty. Not to mention the quotes that start hopping into my head from favourite childhood books, like A.A. Milne's Winnie-the-Pooh: "When Rabbit said, 'Honey or condensed milk with your bread?' he was so excited that he said, 'Both', and then, so as not to seem greedy, he added, 'But don't bother about the bread, please.' Oh, how I admire Pooh's restraint – it's no secret that I've always been a 'have your bread and eat it' kind of gal!

So, with holiday indulgence in mind, we've put the 'E' into Easter this month – Luisa Farelo's inspired twists on the hot cross bun (p46) are pure enticement, Dianne Bibby's juicy lamb dishes (p52) serve up exotic entertaining and food ed Thuli's infusion of cultural SA flavours into traditional fare (p58) offers exciting experimentation... what's not to love?

With all this and more, such as the scrumptious SPAR spread that awaits you (start from our back cover and drool your way in!), we have dished up a no-holds-barred, down-to-earth feast through and through – so, in the spirit of celebrating honest food, I have to leave you with this sage advice from, of course, Winnie-the-Pooh: "It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like, 'What's for lunch?'"

Happy Easter feasting!

PS. Many thanks to Shirley Lyons at Reptilians (inside the GardenShop, Bryanston) for indulging my request to get head-deep in fluffy love for my photo this month. I highly recommend taking time out to visit and feed their furry family – it's soul food, no matter what your age. 278 Main Road, Bryanston, Joburg. 011-463-9913; reptilians.co.za



Georgina O'Connell's Durban-based online store,
re-fined.com, is an ode to inspired local design – you'll find
re-fined.com, is an ode to inspired local design – you'll find
re-fined.com, is an ode to inspired local design – you'll find
re-fined.coming with brilliant up-and-coming
artists, so do pay it a visit! This
month, I'm saving up all my carrots
for this Francoise Cheyne Ceramics
Spoonrest, R280, and 'Le Lapin'
plate R330, re-fined.com.







YOU'VE BEEN SEKVED!

SUBSCRIBE TO OUR NEWSLETTER AND WE'LL DISH UP A TASTY PLATE FULL OF...

- III handy kitchen tips and useful food facts
- seasonal recipes
- m exclusive online competitions
- massive subscription savings you'll be the first to know about



Sign up for this **FRLL** newsletter and join the extended *F&HE* foodie family.

)ur contributors





Freelance writer

After studying financial accounting and classical piano, I made the rational switch to a career in branding, communications and market research. But, writing was always my calling, which is why I quit my cosy job, freelanced until I was broke and now work as a lifestyle and entertainment journalist for online and print publications. I'm not fussy about food, love carbs (Banting, be gone!) and could eat my mom's lasagne all day.



Freelance writer

After six years in the Middle East, most recently as editor of a popular UAE food publication, I am back in SA. Since my return, I've been chronicling my culinary travels, launching a gourmet hot-dog stand and working on the best vegan chocolates. Oh, and I'm marrying the most well-fed man on the planet! I'm not one to turn down a Michelin-starred meal, but I love sausages with mash and gravy. In the kitchen, I'm never without truffle salt, super-hot chilli and coconut oil.



Photographer

I'm a Cape Town-based photographer and live with my husband and son. When I'm not behind the lens, I'm in the kitchen experimenting with ways to encourage my one-year-old to enjoy his vegetables

(Yotam Ottolenghi's salad and lentil recipes are a secret weapon). I recently discovered broccoli can be disguised in a quiche with pesto! I live for the moment when perfect lighting and a beautifully styled plate of food come together to create an inspiring image.

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MENU SUGGESTIONS

ON THE MENU

THERE'S SOMETHING FOR EVERYONE IN THIS SCRUMPTIOUS SEASONAL SPREAD

FOR THE LOVE OF FOOD

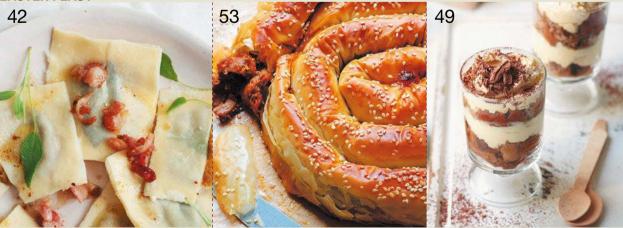


Concentrated tomatoes, Parma ham and sweet melon granita + Locally farmed cradle trout with herb crust and granadilla sauce + Roasted macadamia nougat with salted honey caramel popcorn

MZANSI MAGIC 42 61 83

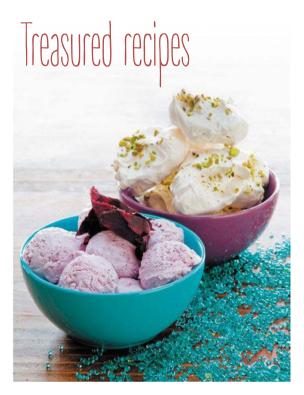
Hubbard squash and steak salad with Gorgonzola and pomegranate + Imbuya and samp pesto yellowtail with shisa nyama amadumbe crisps + Warm banana malva pudding with home-made vanilla ice cream

EASTER FEAST



Hubbard squash and sage ravioli with bacon butter + Pulled Moroccan lamb knuckles with apricots in a sesame filo coil + Hot cross bun tiramisu

Dear Food & Home



My mom has always had a knack for finding legendary recipes. From traditional boboties found in old church recipe books and spicy nasi goreng instructions found on some dusty shelf at a supermarket, to decadent chocolate mousse-cake recipes located in waiting-room magazines. If I need a 'go-to' recipe, I use one of my mom's.

She also has the great foresight of renewing my F&HE subscription every year. In the time spent paging through my magazines, I am learning to find my own way for selecting those go-to dishes that suit my young family. My three-year-old daughter dons her little apron, lugs the kitchen stool across the floor and leaps up, whisk in hand, smacking her lips together whenever we bake the oh-so-easy vanilla frosted cupcakes that F&HE is famous for in my family. My husband is a sucker for the comfort of porcini mushroom and chicken pie (July 2013), and I even taught my mom a trick or two when I presented her with plum ice cream and pistachio meringues (March 2011).

I think that possessing the knack for recipe finding comes from understanding quality ingredients, enjoying steamy and delicious aromas that tempt and tickle one's taste buds in the kitchen, and a precious and thoughtful mom who raised her family to enjoy mealtimes, the company one shares at the dining-room table and, of course, a love for the preparation and effort it takes to nourish and indulge one's nearests and dearests.

Lauren Agar, Cape Town



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LATEST ISSUE OF
F&HE ONTO YOUR
TABLET OR PC, VISIT
FOODANDHOME.CO.ZA
AND SUBSCRIBE TO
12 ISSUES FOR R234 –
JUST R19,50 AN ISSUE.
WHAT A BARGAIN!

Remember to sign up for our newsletter at foodandhome.co.za.
Packed with juicy news from our latest issue and divine giveaway goodies, it's the perfect pick-me-up! Go to page 3 for more information.

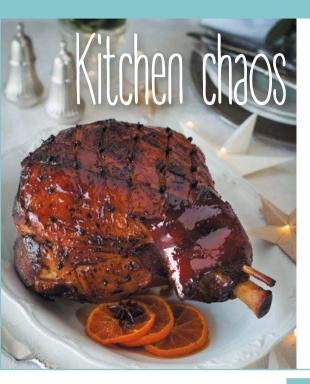
Next month's winning letter will receive two nights' accommodation for two at Sun International's vibrant GrandWest's Grand Hotel in Cape Town, with breakfast, two Roxy Revue Bar show tickets and a dinner voucher for two included, all worth R5 000.

Ts&Cs

Redemption of the prize is subject to availability and may not be redeemed during peak periods or public holidays. Prize is valid for six months from date of issue. Travel to and from the complex is not included. No under 13s are allowed in the Roxy Revue Bar.

Write to F&HE and share your food experiences. Email foodhome@caxton.co.za.
F&HE reserves the right to edit letters and award prizes based on merit.





WINNING I FTTEF

I had to share my favourite food experience with you because, although a disaster, it was still one of my proudest moments in the kitchen.

I am, by no means, a great cook, but I decided to put together a brilliant Christmas menu this past holiday for the in-laws. Roast lamb, sweet-potato pie, trifle, mince pies, the works. My one cheat was the gammon, which my hubby bought pre-cooked from a supermarket.

The morning of, I got started on my menu. Everything was going smoothly and, by 1pm, I had my pie out cooling and the lamb was making its way to perfection. I popped out of the kitchen, forgetting to latch the child-safety gate, to run to the ladies. Suddenly, I heard a loud bang.

With cold dread, I sprinted to the kitchen to find my little girl covered in

pie! The mince pies and the trifle were going to have to be sufficient. I had just finished cleaning up when I smelt burning. Before knocking down the pie, my daughter had managed to turn the temperature up on the lamb. It was ruined. But I still had the gammon... I started preparing it, only to discover it was uncooked! At this point, I sunk down on my haunches and had a good cry. What now? Summoning my Christmas spirit (giant glass of red wine!), I Googled a gammon recipe and got cracking.

Long story short. I got the meal prepared in time and my in-laws loved it. They had no idea anything was 'missing'. I am my own hero now but, next time, I'm staying out of the kitchen. I doubt I will pull off a Christmas miracle like that one again. Lauren Torrance, via email

Update...

@FHEMag: Bunny chow is all the rage in the UK! Where do you get the best #bunnvchow in SA?

Dirk Lamprecht @ProteienSeun

@FHEMag Gounden's in Umbilo Road, #Durban!

New Project Studio @NuProjectStudio

@FHEMag When in Cape Town try the bunny chow at @CurryQuest in Mowbray. Hot curry! I recommend the lamb curry. Brill!

Sari Wari @sarisha86

@FHEMag @SACLMag Capsicum Restaurant at the Britannia Hotel

Picture perfect

Let's be honest Life is not picture perfect, satin finished and glossy or always on the page you want it to be. After going through some heartrending sadness, I found I could not look at a magazine for a while and face the glitz and glamour and life stories that merely skimmed reality. But, paging through F&HE, I am

somehow transported into another dimension - which sometimes becomes my world! Your presentation, touch of glamour, trends and topics never allow one to tire or make one feel as if it is out of one's reach! I'm a foodie by birth and love trying out new ideas. Picking up F&HE and not reading it from cover to cover is virtually impossible. Heaven only knows where you get your swish ideas from - they are truly amazing. Thank you! Jacqui Hart, via email

WHAT YOU'RE SAYING ON... 🚺



We asked you: "Easter means indulging in hot cross buns, speckled eggs, chocolate bunnies and marshmallow eggs." What's your favourite Easter store-bought treat?

Sarah Smith: Hot cross buns!

Irill Humphrey van Niekerk: All of the above!

Wendy Vivier: Hot cross buns.

Lois Carol Wessels: I bake my own hot cross buns!

COVER RECIPE

Reasons why we love...

Lacuna Bistro

AT THE MASLOW

Set amidst a tranquil oasis garden, Lacuna Bistro offers a welcome and surprising sanctuary from the hustle and bustle of Sandton.

There are no restrictions. Enjoy tapas at the bar, a business lunch indoors or afternoon sundowners on the veranda – the choice is yours!

The food is as vibrant and varied as the people who frequent Lacuna. Decidedly different and tantalising, the menu features a number of dishes not found elsewhere.





Reasons why we love...

Camissa Brasserie

AT THE TABLE BAY

Its exquisite location is, undoubtedly, one of the best addresses in Cape Town, overlooking the busy, working harbour.

Camissa Brasserie's menu gives South African cuisine prominence, with a focus on sustainability, seasonality and locally sourced, fresh ingredients.

The restaurant offers locally inspired food prepared in a sophisticated fashion without compromising on quality, providing an enchanting departure from the ordinary.



Simnebun cake with Italian meringue & caramel-chocolate sauce

An Easter simnel cake with a twist! Think Chelsea buns, oozing Italian meringue, gooey caramel-chocolate sauce, sprinkled pecan nuts and loads of figs Serves 8 - 10 A LITTLE EFFORT 4 hrs 30 mins

THE FLAVOUR COMBINATIONS **ALMOND PASTE**

185g castor sugar 180g ground almonds 3 free-range eggs, beaten 2,5ml (1/2 tsp) almond essence

SIMNEBUN CAKE LAYERS

270g salted butter 270g treacle sugar 3 large eggs, beaten 270g cake flour pinch salt 1,25ml (1/4 tsp) ground allspice 1,25ml (1/4 tsp) ground cinnamon 100g dried figs, finely chopped 150g fresh figs, peeled and chopped 25g mixed peel, chopped 50g pecan nuts, roughly chopped zest of 1/2 lemon

CHELSEA BUN LAYER

100ml full-cream milk 50g castor sugar 50ml canola oil % Js-Nq-days 5g dried yeast 150ml buttermilk 300g cake flour, sifted + extra, to dust 40g cake flour, sifted 2,5ml (1/2 tsp) salt 2,5ml (1/2 tsp) baking powder 2,5ml (1/2 tsp) bicarbonate of soda 75g butter, melted

50g golden brown sugar International 7,5ml (11/2 tsp) ground cinnamon 100g soft dried figs, finely chopped 3 fresh figs, peeled and chopped 25ml fig jam

ITALIAN MERINGUE

230g white granulated sugar 80ml (1/3 cup) water 5 large egg whites 115g castor sugar

CARAMEL-CHOCOLATE SAUCE

80ml (1/3 cup) water 220g white granulated sugar 25g butter, cut into cubes 60ml (1/4 cup) fresh cream 40g milk chocolate, melted

small handful pecan nuts, to serve small handful fresh figs, to serve

HOW TO DO IT

1 Preheat the oven to 150°C and grease three 19cm-diameter springform cake tins. 2 For the almond paste, place the sugar and almonds in a bowl. Add the eggs and mix through. Add the almond essence and mix until a paste forms, 1 minute. 3 For the simnebun layers, cream the butter and sugar together until pale and fluffy. Gradually beat in the eggs until well incorporated, then sift in the flour, salt and spices, a little at a time, until mixed through. Stir in the figs, peel, nuts and grated lemon zest. Pour 250ml (1 cup) batter into a prepared cake tin. Spoon over 125ml (1/2 cup) almond paste, then pour 125ml (1/2 cup) cake batter on top. Repeat with the remaining cake tins and bake until cooked through, about 1 hour. 4 For the Chelsea bun layer, place the milk, sugar and oil in a large saucepan over medium heat and bring to a gentle simmer until the sugar dissolves. Remove from heat and allow the mixture to cool to 25°C on a sugar thermometer. Sprinkle the yeast over the surface of the liquid, add the buttermilk and the 300g flour. Stir gently until combined and the mixture is wet and sticky. Cover with a tea towel and set aside to rest in a warm place, 1 hour. 5 Once rested, add the 40g flour, salt, baking powder and bicarbonate of soda. Mix until the dry ingredients are fully combined, cover with cling film and set aside to rise, 30 minutes. In

TURN THE PAGE TO DISCOVER WHERE YOU **CAN EAT OUR COVER DISH** THIS MONTH

the meantime, preheat the oven

to 175°C and grease a 19cm-diameter springform cake tin.

6 Place the rested dough on a lightly dusted surface and roll it as thinly as possible, into a 30cm x 15cm rectangle. Pour the melted butter over the rectangle and spread with a pastry brush to cover. Mix the brown sugar and cinnamon together and sprinkle evenly over the buttered rectangle. Sprinkle over the figs, dab with fig jam and cut into 3cm-wide pieces. Roll up the first strip and place in the prepared cake tin. Roll up the remaining dough strips and place around the first roll to form a giant cinnamon-roll shape (visit foodandhome.co.za for a how-to guide to this step). Cover and set aside to rest until slightly puffed up, 15 minutes. Bake in the oven, 30 minutes. 7 For the meringue, place the granulated sugar and water in a saucepan and bring to a boil until it reaches 121°C on a sugar thermometer. Whisk the egg whites in a free-standing blender until stiff peaks form, then gradually add the castor sugar, about 15ml (1 tbsp) at a time, whisking constantly until mixed through. Gradually add the sugar syrup in a thin, flowing stream to the egg while whisking. Whisk until the mixture is cool, about 15 minutes. 8 For the caramel-chocolate sauce, heat the water and sugar in a saucepan over medium heat until caramel in colour. Take care not to burn yourself. Whisk in the butter and then the cream. Set aside to cool slightly. Stir in the melted chocolate. 9 To assemble the cake, layer the simnebun cakes with the Italian meringue spread in between, then top with the Chelsea bun cake. Drizzle generously with the caramel-chocolate sauce. Sprinkle with nuts and top with fresh figs.

COOK'S TIP

If preferred, this recipe can make 5 smaller cakes instead of 1 large. The smaller versions comprise 2 simnebun layers (not 3) and 1 Chelsea bun layer for the top. Use 10cm-diameter ovenproof rings and bake the simnebun layers for 30 minutes and the Chelsea bun layers for 20 minutes.







Lacuna Bistro is superbly located right at Sandton's core and, due to its location, the Lacuna Bar has become something of a social hotspot for after-work drinks with colleagues and lazy sundowners on weekends. At the helm is newly appointed Executive Chef Jason Millar, who has worked in the kitchens of some of the world's most renowned chefs, including Raymond Blanc and Gordon Ramsay. He is supported by Executive Sous Chef Adrian Vaughan. Both chefs put keen emphasis on incorporating fresh, locally sourced ingredients to create unique dishes that reflect contemporary eating trends.

BOOKINGS: 010-226-4600; maslow@suninternational.com



Executive

Chef Jocelyn

Myers-Adams, Camissa Brasserie The Table Bay Hotel, CT

MNEBUN CAKE WITH

ITALIAN

ERINGUE &

CARAMEL-

CHOCOLATE SAUCE

BOOKINGS: 021-406-5988; ilse.barnard@suninternational.com

THE TABLE BAY

HOTEL, CAPE TOWN

Our April cover dish will be served at the above venues from Monday 9 March to Thursday 30 April.

foodbites

news • trends • shopping • restaurants • decor • products • time savers

Trending: Vanilla sponge Easter eggs



Recipe and styling by THULISA MARTINS Photograph by DYLAN SWART

NEWS • TRENDS • SHOPPING



Vanilla sponge Easter eggs

Surprise your loved ones on Easter morning with moist sponge cake hidden in a hen's egg. Play with the sponge flavours by adding chocolate or different flavoured essences, such as orange blossom, for an added treat Makes 8 EASY 1 hr

THE FLAVOUR COMBINATIONS

8 white-shelled eggs 375g castor sugar 375g cake flour, sifted 10ml (2 tsp) baking powder 250g butter 225ml full-cream milk 75ml cooking oil 4 eggs 10ml (2 tsp) vanilla essence

side of Italian meringue/

buttercream icing, to serve (visit foodandhome.co.za for recipes)

HOW TO DO IT

- 1 To prepare the eggs, use a cork screw to pierce a small hole at the top of the egg and carefully peel off a little of the eggshell to make a small gap that can fit a piping nozzle. Tip out the egg inside and rinse. Repeat with the remaining eggs, reserving the insides of 4 for the sponge. You can freeze the leftover eggs for up to 3 months for use in omelettes or baking remember to write down how many eggs are in the freezerproof bag!
- 2 Soak the empty shells in salted water for 20 minutes. Remove from the water and allow to drip dry.
- 3 Preheat the oven to 180°C. To make the sponge, mix all of the dry ingredients together. Melt the butter and mix with the milk, oil, eggs and vanilla essence. Add the wet ingredients to the dry while mixing in a free-standing blender.
- 4 Place the batter in a piping bag and pipe into the 8 eggshells, taking care not to overfill the shells. Place each shell in a muffin-pan well, using baking paper to secure the egg around its base. Bake until a skewer inserted into an egg comes out clean, 20 30 minutes. The batter may bubble out during baking but, once the shells have cooled, you can peel off the extra sponge.
- 5 Serve in egg cups with a side of Italian meringue or buttercream icing.



Ceramic bunny bookends, R325, ingoodcompany.co.za



Met Liefde bunny napkin rings, R110, utique.co.za



THE FAIRTRADE FORTNIGHT: THE POWER OF YOU CAMPAIGN

From 30 March – 12 April, Fairtrade South Africa will be asking you to seek justice with a chocolate bar, right wrongs with a glass of wine, change the world on your coffee break, or sweeten bitter trade on your way to the gym. This year's theme, The Power of You, aims to inspire a new generation of leaders and decision-makers to activate the immense power they have to change the world with their everyday choices.

Make your change by choosing products and services that are certified by an independent ethical/sustainable label, such as Fairtrade South Africa, Fair Trade Tourism South Africa, Marine Stewardship Council (MSC) or Forest

For a full list of Fairtrade products available in SA, visit fairtrade.org.za. For more information on the campaign, visit the power of you.org.za.





Stewardship Council (FSC).

THE HOLISTIC TREATMENT *AFRICOLOGY*



Renchia Droganis, CEO of the internationally successful Africology range, shares some insight into the ecological and ethical workings of the business.

Formulating our range of products is a creative process that involves smell, texture and intuition, and brings as much joy as making a divine meal for my beloved family and friends. My focus is always on finding nature's active ingredients that can stimulate cellular regeneration, firming skin elasticity and smoothing out fine lines. Our beloved African potato and Rooibos have such an incredible activity when used together. Now, blend that with aloe ferox and the plant molecular structures expand in possibilities. It is like a dance with nature and letting it do what it knows best: coupling the best-suited actives together. Knowing where our actives come from is important, but at the same time very challenging. Most companies we supply

question why we are not organically certified. The problem has always been sourcing an ingredient that was organically grown, but not preserved with chemicals on harvesting, as so many are. The truth is that I don't see that as organic any longer - often, it is the smaller suppliers with the most integrity, but who sadly lack the funds to certify themselves, that provide the best oils or plant matter.

Fairtrade is a supply chain in which fair activity must be measured. We take into consideration where the ingredients come from but we also evaluate the economical benefits for the growers first, before we decide to buy from a Fairtrade company. Selecting all-natural ingredients free from chemicals that not only harm the user, but also our environment, is something we have always been very conscious of. Preserving nature is no longer just a vision, but a sustainable process that must be adhered to. We do our best to educate the consumer on eco benefits rather than taking shortcuts.

Giving back to communities is an honour code we follow.

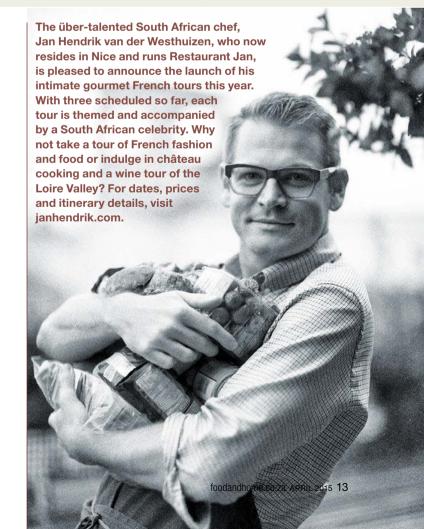
For years now, we have been transferring skills to underprivileged women, turning them into topclass massage therapists. Soon, we will announce the opening of our training academy, focusing on



educating young ladies who have a dream but no financial support to participate in the development of our economy and positive-change behaviour in our country. Our ability to place them in working positions will not only serve our spa partners, but help with short-term education and financial independence. africologyspa.com

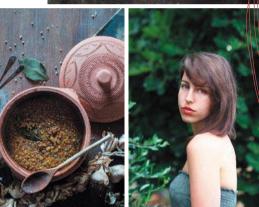






BLOGGER OF THE MONTH hortuscuisine.com





Valentina Solfrini is a gorgeous 23-year-old Italian graphic and web designed living in Via Fratta, Italy. Her beautiful blog, Hortus Natural Cooking, focuses on vegetarian delights made with natural ingredients from her family's farm and surrounding areas, sharing the simplicity of Italian food and culture.

I grew up in Italy, right on the border of two regions, Marche and Emilia-Romagna. It is a beautiful place: I am five minutes from the beach, but live deep in the countryside. I moved to New York to learn more about design and eventually pursue a career there. On returning to Italy, a few years later, I started sharing my Italian vegetarian recipes on the blog to find my roots again.

My blog eventually helped me to fall in love with Italy and its Mediterranean food all over again, and the passion to share good, wholesome food and beautiful pictures just kept growing along the way. Now that I feel closer to Italy and its countryside more than ever, keeping my blog is even more of a pleasure. While I work as a web designer for a large Italian company, I dream of one day being able to dedicate myself to [blogging] completely! I love sharing recipes that make me feel good, and that can tell a story about my land. I often relate food to stories, and it is my favourite part of my posts. It can be wholesome comfort food, a vegetarian version of Italian traditional food, or

just plain, healthy nosh. I know the word 'healthy' today has been stretched to mean many things but, to me, it just means food that makes you and the people around you feel good. Something I use daily and at every meal is good, local extra virgin olive oil. I think it is the most wonderful of Italian ingredients. Provided it is cold-pressed and of a high quality, it is very healthy, full of antioxidants and vitamins. A single teaspoon can turn every Mediterranean dish into absolute deliciousness. We are lucky we can still make our own every year from our olive trees.

The internet is a source of inspiration and so full of talented bloggers and photographers. I think it is very important to always follow what's happening in the blogging world to keep the inspiration momentum going. Even though we do have quite a different style, I am madly in love with Japanese photographers. I also love to bury myself in secondhand shops and look for old books and props.

Dates for the diary...

3-12 April 2015.

10-12 April 2015.

24-27 April 2015.

24-27 April 2015.

for our delicious take on French toast dishes!

Rand Show, Johannesburg. The jam-packed programme will offer families a variety of entertainment and exhibits. Tickets are available at the gate or through Computicket. R100 for adults, R50 for pensioners over 65, R50 for teens aged 13 – 16, R20 for kids aged $\sin - 12$, and free for children under six. randshow.co.za

Taste of Cape Town. Green Point Cricket Club. Boutique exhibitors, artisan producers, premium drink brands and award-winning wineries will provide a bounty of the Mother City's finest food and drink on offer, ensuring you can sample and shop for a range of produce. Tickets available at itickets.co.za or call iTickets on 0861 000 291.

Decorex Cape Town. Cape Town International Convention Centre. The ultimate stage for the Mother City's leading decor and design talent and a major calendar highlight for those seeking both practical ideas and creative inspiration. R80 for adults; R70 for trade, pensioners & scholars; R15 for kids under 12. decorex.co.za

April

April. Nationwide release of South African film, French Toast, starring Lika Berning and Thierry Ballarin. Photographer Lise le Roux (Berning) decides to embark on a journey to find a lost sibling in Paris. On arrival, she meets a French chef, Jean-Pierre Baptiste (Ballarin). Together they explore Paris to unravel a mystery she may not be prepared for.







MUIZENBERG: TIGER'S MILK

The spacious restaurant has a loft-style ambience, with decor reminiscent of a glamorous university. And then, well, yawning off at the front, there's the impressive view of False Bay and Muizenberg Beach. They don't take bookings, but the variety of seating balances this out – from cafeteria-like high tables and stools clustered by the pizza oven to long, wooden benches and more intimate set-ups. The emphasis is on the blackboard steak menu – rump, sirloin, rib eye, prime rib, T-bone – and I hear they make a mean burger! But, we went straight for the BBQ pork ribs (sticky, smoky, luscious) and the 'pizza of the day', as hot and cheesy as you could want it. And, yes, you drink craft-beer draughts. Corner Beach and Sidmouth roads, Muizenberg; 021-788-1869; tigersmilk.co.za. By Malu Lambert

JOBURG: THE CODFATHER

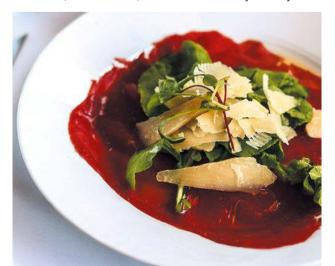
Amidst the current construction and crane-dominated Sandton horizon lies a sizeable sanctuary exuding sophisticated simplicity

with down-to-earth joie de vivre. With a fair, but not overwhelming, menu of dishes prepared using the sousvide method or chargrilled in a Josper oven (no gas or electricity), you immediately sense the confidence and experience of those behind it. Apart from sushi freshly prepared in the restaurant, starters and salads tempt with choices like Canadian scallops and saffron-scented corn purée, and tuna and avocado salad with a caper and lime dressing. Mains offer up well-thought-out vegetarian options and signature dishes include mouth-melting East Coast sole with lemon butter and vanilla sea salt. Or. do what I did and custom-build your own platter: mine was succulent Cape salmon, musselcracker, rock cod and yellowtail fillets packed into a pan next to rustic cauliflower mash that is simply unmissable, whether you're Banting or not. With a wine cellar the size of a studio apartment and a 40-page list of carefully chosen varietals from well-loved and boutique SA estates to Italian and South American selections of fine pedigree, The Codfather is the ideal choice for a quick and slick business lunch. However, with the careful attentiveness of seasoned restaurateur George Sinovich and co-owner and chef de cuisine, Willem Johann (aka 'Toerie') van der Merwe's personable approach, you'll want to cancel your afternoon meetings and settle in for good-humoured banter and a lingering look over the dessert menu: think home-made ice cream, peanut butter pie and coconut panna cotta. Dinner booking is essential. Sandton Skye, 3 Stan Close, Sandton; 010-020-0286; codfathersandton.com. By Andrea Pafitis-Hill

EATout @

PRETORIA: HINTERLAND

Hinterland's menu is very small with the clear focus being meat, which is produced in the Kalahari exclusively for them. The unctuous marrow bones are an indulgently delicious starter while the lightly smoked carpaccio is well-flavoured and served with lashings of Parmesan and fresh rocket. For mains, they offer lamb chops as well as grilled salmon and a glorious burger; but, it's the steak you want to go for. Choose between rib eye, fillet, sirloin or rump, which come in both 250g and 350g portions. Alternatively, you could go for the enormous 500g T-bone, which looks like something Fred Flintstone would relish. Hinterland is definitely the place to go if you're hankering for a beautiful steak and a good glass of red wine. Shop 107, The Club Shopping Centre, corner Pinaster Avenue and 18th Street; 012-340-0082; hinterlandvleis.com. *By Alida Ryder*



MARKET OF THE MONTH:

KAMANEE GOVENDER IS A 'BACK-TO-REAL-FOOD'
CRUSADER WHO CONFESSES TO BEING A WANNABE
TREE HUGGER BUT WILL NOT PASS UP AT

TEARING APART A WELL-COOKED BUNNY... CHOW, THAT IS!

THE PRETORIA
BOEREMARK

The Pretoria Boeremark or farmers' market begins when the day is barely out of its husk. But, despite the really 'vroeg' hour and even buckets of rain, people turn up here in droves.

Formed 23 years ago by the then Transvaal Agricultural Union to help small farmers sell their produce, it has since tripled in size and so have the veggies, it seems. From pumpkins the size of small RDP houses at the Ranch Farm stall, to butternuts the size of fat babies, the word bountiful is synonymous with the Boeremark. Simple shopping bags don't do here, oh no – shoppers haul along flat-bed trolleys mounted with big black crates.

Pannekoek, vetkoek, skilpaadjies, pigs in blankets and boerie rolls beckon from almost every second stall. I come to a grinding halt at Klein Willempie where the large banner proclaims, 'Melkkos, heerlike koesterkos'. "Koesterkos means something like a big, warm hug," explains Corine the owner, who sells 155L of the dreamy stuff every Saturday. One scoff of the creamy, sugary, warm concoction dusted with cinnamon and I'm convinced this is the comfort food of all comfort foods.

My sweet tooth now roused, I went on to Met Hart to savour a few cathedral windows, a perfect love affair of chocolate and gooey marshmallows. Next, I gobbled hand-made Turkish



From pumpkins the size of small RDP houses at the Ranch Farm stall, to butternuts the size of fat babies, the word bountiful is synonymous with the Boeremark.

Since I'm always on a crusade to cook from scratch and picky about wholesome ingredients, I certainly wasn't stuck for choice with the many stalls offering fresh, free-range or organic meat and chicken, and crate upon crate of plump, glistening fruit and vegetables.

I found the farmers passionate about their produce and ways of growing; so much so, I felt like I was buying from people I both trusted and liked.

If it's real boerekos you're after, then this is the place to be.

delight with almond or pistachio at the Gemmer Emmer (Ginger Bucket). After that, it was time to wash it all down with a proper hearty meal from Willie Cloete's Taste Café, where I found the fresh chicken curry, fragrant with cardamom, star aniseed and coriander, reminiscent of authentic South Indian cooking.

Finally, with shopping and eating concluded, I cooled my palate with some divine Green Goddess Sauce from Taste Café & Deli, its blast of mint, coriander and garlic in yoghurt staying with me as I headed back home to catch up on some sleep.



Green Goddess Sauce

A mint-yoghurt sauce traditionally served with breyani in SA, it goes equally well with scrambled eggs, curries, as a dip or alternative to mayonnaise Makes 1L EASY 15 mins

THE FLAVOUR COMBINATIONS

1kg plain Greek yoghurt 1 bunch fresh mint leaves, washed and roughly chopped 1 bunch fresh coriander, washed and chopped 5ml (1 tsp) garlic, crushed 5ml (1 tsp) fresh ginger, grated 1 jalapeño chilli, roughly chopped salt and freshly ground black pepper, to taste

HOW TO DO IT

1 Place all of the ingredients in a blender and blitz together until the herbs have been finely chopped.
2 Place in a sterilised glass bottle or jar and refrigerate before serving.

The Pretoria Boeremark, Pioneer Museum, Silverton. Every Saturday from 5:30am – 9:30am; pretoriaboeremark.co.za

lemon thyme

WHILE LEMON THYME MAY LOOK LIKE A REGULAR THYME PLANT, WHEN THE LEAVES ARE CRUSHED IT RELEASES A BEAUTIFUL AND SUBTLE LEMONY FRAGRANCE. OFTEN GROWN FOR ITS USE IN THE KITCHEN, IT ALSO MAKES AN EXCELLENT GROUND COVER TO USE IN THE GARDEN OR BETWEEN PATHS – ALLOWING THAT WONDERFUL AROMA TO BE RELEASED WHENEVER SOMEONE WALKS PAST

In the kitchen

A natural antiseptic, lemon thyme has a wealth of natural herbal benefits for the body, including being a great hangover cure when drunk as a tea infusion.

However, it's mainly used like regular thyme in cooking, but with an added lemony zing – ideal for Italian and fish dishes. Give your Easter lamb an extra layer by using lemon thyme in your recipe.

How to grow

In the garden, the plant likes full sun and well-drained soil. Like other herbs, the leaves are packed with flavour in the morning when the essential oils are most abundant, so it's best to pick at this time. It can grow to a height of 20cm – 30cm and produces pink flowers in the summer, which are great bee attractors.

Did you know?

When crushed, the oils in lemon thyme act as a natural mosquito repellent – perfect for balmy evenings outside or when honing green-fingered skills in the garden!







With a slight self-effacing smile, he says: "As an experiment, I underwent some tests usually given to employees. The tests concluded that I would be the worst kind of employee as I would not obey an instruction if I did not agree with it, or the veracity of a statement."

Paul has been in the wine industry since he was 20 years old. Today, he is 62. And, since he started, he has travelled the world in search of the perfect grapes, the perfect vineyards; first, for his UK-based company and, then, for himself, when he decided he wanted to buy his own wine farm. "I found what I wanted here," he says.

Christiaan Loots is the farm manager on the estate. This is my third visit to the farm but I don't think I'll ever tire of listening to him as he explains certain biodynamic and organic principles. He is inspirational. His enthusiasm is contagious. He has turned the process of winemaking, of viticulture, into an enthralling narrative. Ten years ago, when Paul bought the farm, the soil was barren and hard. "We introduced weeds. The weeds lured the insects and slowly the soil began to breathe. We brought the soil to life again." On 19 December 2014, Waterkloof received both their organic and biodynamic certification. When I question how one can quantify biodynamic farming, which has all to do with planting under a waxing moon and mysterious things like that, Christiaan smiles patiently and, as if explaining something to an eager but somewhat dim pupil, says: "We are

farmers. We don't have time to play around. We know it works." Listening to Christiaan speak of soil coming back to life, the way it previously was in pristine times, I can't help wonder how non-organic estates can really claim their wines 'give full expression to their terroir' – when the soil is in fact dead?

Nadia Barnard, who looks 20 but is actually 30, is the winemaker and undaunted to be at the helm of winemaking at one of the Cape's foremost wine estates. After qualifying as a winemaker, she worked in New Zealand and then as assistant winemaker at Vergelegen. She is, she says, divided into two parts: one scientific, the other artistic, and then she interrupts herself and giggles when she notices that her clothes are soiled. She explains she's been busy in the cellar. This is not a good time, I sense. The grapes are coming in, but she remains obliging and when she talks about winemaking, she does not merely smile, she beams.

Chef Gregory Czarnecki grew up in Burgundy, France. He was also raised to love food and he has, he says, always worked in Michelin-star restaurants – the last being a three-Michelin star restaurant in Paris. When I ask him what he misses about 'The City of Light', there is the faintest suggestion of nostalgia in his voice as he recounts his time there. "You know, at 12 o'clock at night, after cooking, we would make a list of the produce we needed for the following day. Early

the next morning, our suppliers would be there with everything we ordered. It was because, being a Michelin restaurant, we could afford to pay the best prices, and that's why the suppliers were ready, any time – even at midnight." He sees in his mind's eye again the glistening lobster tails, the precious, dark, knobbly truffles presented like trophies by eager-to-please suppliers.

"Here, in South Africa, I have to search more widely for the best quality. But I like the challenge of this... finding the best. I have to look further, sometimes up country." Gregory is quietly spoken, modest even – there's no need for bluster and showing off because the slew of awards says it all; among them, the Klink Wine Tourism Awards Winner 2015: Gourmand Category for Best Restaurant at the Cellar Door; Rossouw's Restaurant Guide 2015, five-star rating, to name a few.

Awards, be it for wine or food, are incidental at Waterkloof. It's about whether or not the soil is true and it's not surprising that one of their headings on their website reads: 'Honest Wines'. waterkloofwines.co.za; 021-858-1292







Fennel panna cotta, grapefruit jelly and chive-oil emulsion

Serves 8 EASY 1 hr 30 mins + 2 hrs, to set

THE FLAVOUR COMBINATIONS FENNEL PANNA COTTA

4 (8g) gelatine leaves
325g fennel bulbs, very finely sliced
olive oil, to sweat
salt and freshly ground black
pepper, to taste
20ml (4 tsp) Ricard
500ml (2 cups) fresh cream

GRAPEFRUIT JELLY

5 (10g) gelatine leaves 250ml (1 cup) freshly squeezed grapefruit juice

GRAPEFRUIT FOAM (OPTIONAL)

250ml (1 cup) freshly squeezed grapefruit juice 7,5ml (1½ tsp) soya lecithin (available in health aisles at select supermarkets and health shops)

CHIVE EMULSION

4 egg yolks 40g glucose syrup, slightly warm 350ml chive oil (130g blanched



chives blended with 500ml [2 cups] vegetable oil) salt and freshly ground black pepper, to taste

TO SERVE

thin slices fennel, placed in ice water to curl blanched asparagus tips blanched fresh peas apple slices bloody sorrel leaves/crimson microherbs edible flowers (garlic flowers/pansies)

HOW TO DO IT

- 1 For the panna cotta, soak the gelatine in ice water, about 5 minutes, then squeeze out the excess water.
- 2 In a pot over medium heat, sweat the fennel with a touch of olive oil until soft, 10 minutes. Season to taste. Once the fennel is cooked, deglaze the pot with the Ricard then allow to reduce, about 20 seconds, before stirring in the cream. Bring to a boil, reduce the heat and let it simmer, about 15 minutes. Blend the mixture in a liquidiser and strain through a chinois (conical-shaped sieve).
- 3 Add the sponged gelatine leaves to the strained mixture while it is still hot.



Adjust the seasoning and pour this into a 40cm x 20cm tray lined with sheets of acetate and refrigerate the panna cotta to set, 2 hours.

4 For the grapefruit jelly, soak the gelatine leaves in ice water, about 5 minutes, then squeeze out all of the excess water. Warm the grapefruit juice, add the gelatine leaves and stir until combined (do not allow to boil). Pour into a container (the jelly needs to be 0,2cm thick) and refrigerate to set, 5 minutes.

5 For the grapefruit foam, warm up

the juice, add the lecithin and blend with an immersion blender until the lecithin has dissolved and the mixture starts to foam. Refrigerate until ready to use.

6 For the chive emulsion, proceed like you would with a mayonnaise. Mix the yolks with the warm glucose. Add the chive oil, in a slow, steady stream, while whisking, until emulsified. Adjust the seasoning, place in a squeeze bottle and refrigerate until ready to use.

7 To assemble, unmould the panna cotta and cut into 8 slabs. Place a slab in the centre of a plate and dot with some chive emulsion. Add some thin fennel slices, asparagus and peas. Cut rounds out of the jelly and add some discs to the plate, followed by the apple slices, bloody sorrel leaves or microherbs and edible flowers. Froth up the grapefruit foam again with a hand-held blender and spoon dollops onto the dish.

Concentrated tomatoes, Parma ham and sweet melon granita

Serves 6 A LITTLE EFFORT 6 hrs + freezing time + 1 – 2 days, to make the labneh

THE FLAVOUR COMBINATIONS LABNEH BALLS

500g Greek yoghurt 2 pinches salt olive oil, to preserve







SWEET MELON GRANITA

100g sugar 125ml (½ cup) white balsamic vinegar 1 vanilla pod, split 2 (1,4 kg) large sweet melons

CONCENTRATED TOMATOES

200g cherry tomatoes
200g yellow tomatoes
200g Roma tomatoes
200g Roma tomatoes
olive oil, to coat
salt and freshly ground black
pepper, to taste
2 garlic cloves, peeled and sliced
15ml (1 tbsp) icing sugar
3 sprigs fresh thyme
½ bay leaf

BALSAMIC VINEGAR GEL

230ml balsamic vinegar 2g agar agar

GARNISH

80g Parma ham slices

The Waterkloof logo depicts
Boreas, the God of the
north wind, and is a tribute
to the beneficial impact of
the powerful sea breezes that sweep_across_1 Schapenberg vinevard 24 FOOD HOME ENTERTAINING APRIL 2015

edible flowers (garlic flowers/of your choice) crimson microherbs fresh pea shoots

HOW TO DO IT

1 For the labneh balls, mix the Greek yoghurt with the salt. Hang the mixture in a muslin/cheese cloth in the fridge, about 1 – 2 days according to the yoghurt (it needs to be thick).

2 Gently squeeze out any excess liquid and discard it. The labneh should be very thick and resemble soft goat's cheese. Roll the labneh into small balls. Place in a sterilised glass jar and cover with olive oil to preserve. Refrigerate until needed. This will keep for up to 7 days.

3 For the melon granita, place the sugar and balsamic vinegar in a saucepan over low heat and mix. Scrape in the

and balsamic vinegar in a saucepan over low heat and mix. Scrape in the vanilla seeds, add the whole pod and heat gently until the sugar has dissolved. Bring to a boil and cook until it reaches a syrup consistency, 6 – 8 minutes. Remove from heat and allow to cool. Discard the vanilla pod.

4 Halve the melons, discard the seeds, then scoop the flesh into a food processor and blend. Add the sugar syrup and pour into a shallow freezer-proof tray. Freeze, uncovered, until crystals form around the edges, about 1 hour. With a fork, stir the edges into the centre and mash well, then return to the freezer until crystals form again. Stir every 30 minutes, returning to the freezer each time, until the granita is frozen and ready.

5 For the concentrated tomatoes, preheat the oven to 60°C. Wash all of the tomatoes then, using a paring knife, making two small incisions in the shape of a cross on the skin of each, without damaging the flesh. Blanch the tomatoes in boiling water for a couple of seconds, then submerge immediately in ice water. Drain the tomatoes on paper towel, remove the skins and poke about 10 holes in each with a toothpick. In a mixing bowl, toss the tomatoes in a little olive oil, salt and pepper, garlic slices, icing sugar, thyme and bay leaf. Pour onto a non-stick baking tray and dry out in the oven, about 4 hours. Remove from oven and set aside. 6 For the balsamic vinegar gel, mix 200ml of the balsamic and the agar agar together in a saucepan over medium

heat. Bring to a simmer and let it cook, whisking continuously, about 5 minutes. Remove from heat and refrigerate to harden and set, 30 minutes. Blend the jelly with the remaining 30ml (2 tbsp) balsamic vinegar in a food processor, 10 – 15 minutes. Strain through a chinois (conical-shaped sieve) and place the gel in a squeeze bottle. Set aside. 7 To assemble, place some tomatoes on a shallow plate. Add the balls of labneh, dots of balsamic gel and slices of Parma ham. Harmoniously arrange the remaining garnishes on the plate and add a scoop of granita to serve.

Braised lamb, rhubarb and feta voghurt

Serves 8 A LITTLE EFFORT 5 hrs + 3 hrs, to cook the lamb + overnight, to refrigerate

THE FLAVOUR COMBINATIONS

2 raised lamb shoulders salt and freshly ground black pepper, to taste ras el hanout, to taste

MIREPOIX

2 onions, peeled and finely chopped
2 carrots, peeled and finely chopped
1 leek, finely chopped
1 stick celery, finely chopped
3 tomatoes, finely chopped
½ head garlic, cloves peeled
sprig fresh thyme
1 bay leaf
olive oil, to sweat and sear

chicken stock, to cover

RHUBARB

500ml (2 cups) orange juice 250ml (1 cup) beetroot juice 2 bunches (about 10 stems) rhubarb, peeled

MEBOS

100g mebos (preserved apricot spheres), chopped into smaller pieces hanepoot dessert wine, to cover

FETA YOGHURT

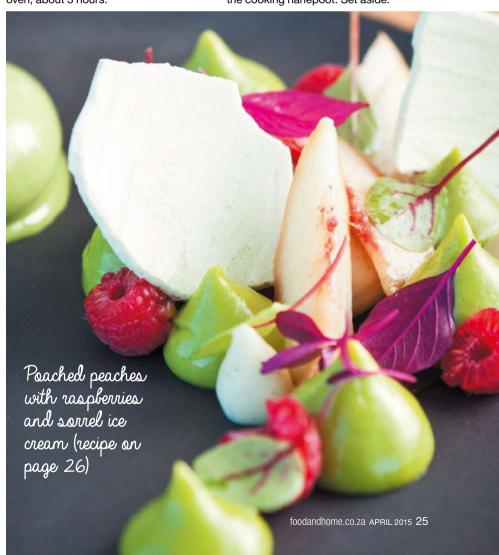
125g feta 75g Greek yoghurt 15ml (1 tbsp) English mustard 5 fresh mint leaves, chopped salt and freshly ground black pepper, to taste

HOW TO DO IT

- 1 Preheat the oven to 200°C. Debone the lamb shoulders, being careful not to perforate the outside of the meat, and roast the bones until browned, about 30 minutes. Remove from oven and reduce the heat to 160°C.
- 2 Season the lamb shoulders with salt, pepper and ras el hanout. Shape into a ball and tie with butcher string to maintain the shape during cooking.

 3 For the mirepoix, combine all of the ingredients and sweat in a frying pan over medium heat with a little olive oil until you get a nice golden colour, about 30 minutes.
- 4 In a separate frying pan over high heat, sear the lamb shoulder in a little olive oil until sealed on all sides. Place the seared lamb, mirepoix and roasted bones in a casserole, cover with chicken stock, put on the lid and cook in the oven, about 3 hours.

- 5 Once cooked, gently remove the lamb from the braising liquid. Cut off the butcher string and roll the lamb shoulder in cling film, making sure you keep the ball shape. Refrigerate overnight.
- 6 Strain the braising liquid and reduce in a saucepan over medium heat until you have a nice and tasty jus, about 2 hours. Refrigerate in the saucepan and reheat when required.
- 7 For the rhubarb, place the orange and beetroot juices in a saucepan and bring to a boil. Submerge the rhubarb and poach at a simmer until soft, about 30 minutes if the rhubarb is not too thick. Once cooked, drain the rhubarb and refrigerate until needed. Reserve the poaching liquid you will need it to warm up the rhubarb later.
- 8 For the mebos, cook the two ingredients in a saucepan over medium heat until the mebos is rehydrated, about 30 minutes. Strain the mebos and blend it to obtain a smooth purée. If the mixture is too dry, add some of the cooking hanepoot. Set aside.





9 For the feta yoghurt, mix the feta with the yoghurt. Add the mustard and chopped mint, adjust the seasoning and refrigerate until ready to use.

10 To warm up the lamb for plating, preheat the oven to 140°C. Cut the shoulder into wedges through the cling film. Remove the cling film and glaze the wedges with braising jus. Cook in the oven, 30 – 45 minutes, spooning over some jus every 5 minutes.

11 Warm up the rhubarb in the cooking liquid. Spread the mebos purée across the side of the plate. Spoon 7,5ml (1½ tsp) feta yoghurt onto the centre of the plate and spread towards the side. Once hot, drain the rhubarb, roll it up and place next to the yoghurt. Remove the lamb from the oven and carefully place on the yoghurt. Spoon over some jus to serve.

Poached peaches with raspberries and sorrel ice cream

Serves 8 A LITTLE EFFORT 3 hrs 30 mins + freezing time + overnight, to set

THE FLAVOUR COMBINATIONS SORREL ICE CREAM

1L (4 cups) vanilla ice cream 300g fresh sorrel/120g fresh basil, washed





PISTACHIO CRÉMEUX

250ml (1 cup) fresh whipping cream 250ml (1 cup) milk 80g pistachio paste (available at speciality stores or make your own by blending toasted pistachios) 55g sugar 8 egg yolks 15ml (1 tbsp) powdered gelatine 50ml water

WHITE-CHOCOLATE YOGHURT

90g white chocolate 150g plain yoghurt

PEACHES

1L (4 cups) water 250g sugar 1 vanilla pod, split 6 ripe red peaches

GARNISH

1 punnet (125g) fresh raspberries (use frozen raspberries if fresh not available) bloody sorrel/crimson microherbs/ basil, to decorate (optional) French meringue (store bought), broken into shards

HOW TO DO IT

1 For the ice cream, blend the vanilla ice cream with the sorrel or basil leaves and place in the freezer until frozen again.
2 For the crémeux, place the cream, milk and pistachio paste in a saucepan and bring to a boil. Whisk the sugar and egg yolks together, add to the cream mixture and cook until it reaches 85°C on a sugar thermometer. Dissolve the gelatine in the

water and stir into the cream mixture. Refrigerate overnight to set.

3 For the white-chocolate yoghurt, melt the white chocolate in a bain-marie until it reaches 35°C on a sugar thermometer, then mix in the yoghurt. Pour the mixture into a container and refrigerate, 2 hours. 4 For the peaches, combine the water and sugar in a saucepan. Scrape the seeds out of the vanilla pod and add both seeds and pod to the saucepan. Bring to a boil and cook, 5 minutes. Add the peaches and simmer until tender, about 30 minutes. Gently strain the peaches, cut into wedges and refrigerate until needed.

5 To assemble, pipe some dots of pistachio crémeux and white-chocolate yoghurt on the plate. Add some peach wedges and fresh raspberries. Sprinkle the sorrel leaves or microherbs or basil and add shards of French meringue in between the pistachio dots. Serve with the sorrel ice cream.

Breville

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Bean to Cup™ Espresso Machine

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A barista will quickly tell you that the most important ingredient to deliver an amazing espresso is to use fresh beans and to grind them as close to the time of use as possible. Actually, it's best to limit the time between grinding and extraction to seconds, not minutes. That's why we've built a grinder into the Bean to CupTM Espresso Machine.

With a dedicated hot water outlet, impressive steam pressure and single wall filters, you'll move from novice to barista in no time at all.





RAISE YOUR GLASS



WHAT TO DRINK, WHEN, WHERE AND HOW... By CLAIRE HU

I spent a month travelling

drinks. From boutique beers

in Kynsna to home-grown gin

in Wellington, a new breed of

artisan producers are proving

round South Africa,

sampling some of the best new handcrafted

that small is beautiful.

DRINK

Road-trip special



Doolhof Single Vineyard Collection Cabernet Franc 2012, R129

Lighter and more perfumed than its more famous relative, cabernet sauvignon, the Doolhof cabernet franc is lovely and earthy, bursting with elegant

fresh red fruit and violet aromas.



Each bottle is numbered by hand (mine was 9 097 of 10 050 produced). Burgundian in style with intense aromas of freshly laundered sheets, white blossom and vanilla.



WINE JARGON UNRAVELLED...

"Blending"

Around this time, a couple of months after the start of harvest, South African winemakers begin the process of blending wines from different cultivars, barrels and vineyards. Blending is used to make some of the finest wines in the world, including Champagne and Bordeaux. It's a delicate balancing act, comparable to the art of making a fine perfume.



Gielie Beukes is winemaker at Doolhof Wine Estate, a boutique estate in Wellington. This year will be his first vintage. Wellington is increasingly gaining a reputation for top-quality, characterful wines.

What makes Wellington unique?

The valley where Doolfhof is located is not as hot as other parts of Wellington, as we only have sun between 10am and about 4pm. There's also a constant easterly wind and amazing soils. Wellington produces some of the best-quality wines in the country and has vines up to 100 years old, but it's still mainly a mass-production area. We are focusing on top-end craft wines, as that's what we do best.

How is the 2015 vintage looking? Really good! There's a healthy crop and we've had few problems, so we

have only done minimal sprays. What's your passion? My work has mainly been to identify the best grapes on the farm and to focus on what we do best. I love cabernet sauvignon and merlot (I worked in Saint-Émilion in France for a while), and Bordeaux blends, malbec and cabernet franc do really well here. I think chenin blanc could do great things if I look at the quality of sauvignon blanc from the farm.

Merlot can be a tricky grape to work with – how did you do it?

Our merlot is actually out of stock, which is always a good sign! It's difficult to get the correct ripeness level and it can taste a bit 'green'. We cut the leaves early on to give the grapes plenty of sunlight.





HOW TO... APPRECIATE LOCAL GIN

A new breed of craft distillers is putting South African gin on the map. They include Roger Jorgensen in Wellington and Inverroche in Still Bay, with at least two more producers expected to start production in 2015.

Gin – made by infusing a neutral spirit with a range of botanicals, of which juniper must dominate – is given a uniquely South African twist through the use of indigenous fynbos plants and roots. Roger Jorgensen is making a name for his characterful spirits including gin, absinthe and vodka, which he concocts in traditional pot stills in his backyard in Wellington. His aromatic botanicals, which he grows himself or gets supplied locally, include a local buchu, coriander, apricot kernels, orris roots, citrus peel and African ginger.

The secret to appreciating a high-quality gin is to sip and not swig, says Jorgensen. "Smell it like a perfume – the base notes like angelica root should counterbalance the top notes like lemon and sage," he says. "I like to drink it in a brandy balloon or whisky tumbler with a lime twist or a lime leaf. A good gin should linger on the palate. Real botanicals have essential oils, which give texture and mouthfeel and a sip goes a million miles."



Jorgensen's Gin, R280

A pungent and powerful gin, with the lovely earthy Indian spice notes being lifted by a clean citrus finish. One to savour.

Dates for the diary...

3 — 6 April. The Easter Bunny will be paying a visit to Durbanville Hills Wines. Live music, Easter-egg hunts in the vineyards for the kids, food and a jumping castle are some of the other activities on offer. Booking is advised for breakfast and lunch. Email sibrown@durbanvillehills.co.za.

12 April. The Vineyard Hotel in Cape Town hosts a pinot noir festival as part of Tastes of 2015. There will be some unusual pairings of fine cuisine and exceptional wines at The Square restaurant. Dinner, bed and breakfast from R1 055. Call Muneerah on 021-657-4500 or email eat@vineyard.co.za.

17 — 18 April. The annual Barrels & Beards Harvest Celebration on the Bot River in the Overberg offers tastings, food and music as well as the chance to meet local winemakers, who pledged not to shave from 1 February to the end of harvest. Tickets to special events, R350. Email nicolene@botriverwines.com.

April. The inaugural Biltong and Pinotage Festival takes place at L'Avenir Wine Estate just outside Stellenbosch. Weird and wonderful flavours of biltong, a gourmet braai and a pinotage masterclass by winemaker Dirk Coetzee are some of the events. Tickets, R150 each, from plankton.mobi.



Not for Sale to Persons Under the Age of 18.

Books for cooks

DIGESTING THE LATEST ON THE CULINARY SHELVES... By KERRY MACFIE

HOME SWEET HOME

HOME COMFORTS (QUADRILLE **PUBLISHING. R407)**

One of our favourite British celebrity chefs, James Martin, has everyone catered for in his latest cookbook, Home Comforts, which ties in with his BBC TV series of the same name. With 100 recipes gracing the pages of this simple yet decadent cookbook, you will find hearty, honest fare for any occasion dishes like raspberry, white chocolate and caramel Pavlova, or chicken and wild mushroom frying pan pie beckon to



increasingly popular with many restaurants boasting their own beautiful botanicals, which dictate their seasonal menus. In his latest offering, Australian chef Matt Moran inspires the gardener in us to create our own market garden at home and cook seasonally inspired dishes. The recipes include light meals, sweet dishes, main courses and meals to share, as well as a helpful section on preserves (for when your garden is

overwhelmingly abundant!). We can't wait to try the roasted lamb with herb and almond crust, followed, of course, by golden orbs of pears poached in green tea.

all lovers of down-to-earth deliciousness!

SWEET TOOTH

Get your oven gloves ready for some Easter baking with these moreish titles. LA PÂTISSERIE DES RÊVES/THE PÂTISSERIE OF DREAMS (GRUB STREET.



R609) has enthralled taste buds worldwide with its delectable delights. With 70 simple recipes, turn your kitchen into your own French pâtisserie and indulge in everything from brioche and buns to tarts, ice cream and confectionary. Pastries, cakes, desserts, oh my! PATISSERIE MADE SIMPLE (KYLE BOOKS,

R419) is the bible of all things sweet. Brush up on your basic baking skills then master the art of tempering chocolate or making crème pâtissière. From madeleines to croquembouche. all the French classics are here.

FIVE F&HE READERS CAN EACH WIN A COPY OF THE PÂTISSERIE OF DREAMS BY PHILIPPE CONTICINI AND THIERRY TEYSSIER, FROM EXCLUSIVE BOOKS. TO ENTER, EMAIL YOUR NAME, CONTACT NUMBER, ID NUMBER AND POSTAL ADDRESS TO FOODHOME@CAXTON.CO.ZA WITH "PATISSERIE" IN THE SUBJECT LINE. ENTRIES CLOSE ON 15 APRIL 2015.

EXCLUSIVE BOOKS' TOP 10 COOKERY TITLES

1	The Real Meal Revolution	Professor Tim Noakes et al
2	Platter's South African Wine Guide 2015	John Platter
3	Die Kos Revolusie	Professor Tim Noakes et al
4	Durban Curry: So Much of Flavour	Erica Platter & Clinton Friedman
5	Weber Braai Bible	Jamie Purviance
6	Low-carb Living for Families	Monique le Roux Forslund
7	Tannie Poppie Kook	Poppie Coetzer
8	Jamie's Comfort Food	Jamie Oliver
9	Sababa	Tal Smith & Nirit Saban
10	Plenty More	Yotam Ottolenghi

RELÆ: A BOOK OF IDEAS (TEN SPEED **PRESS. R682)**

A tome of knowledge from the one Michelin-star Danish restaurant Relæ. chef Christian F. Puglisi (who was named one of



the top 10 chefs in the world under 30 by The Wall Street Journal) shares the recipes and creative processes behind some of his best dishes and the concepts that underlie them. Read for a glimpse into the crazy and creative gastronomical scene in Copenhagen and learn what drives the chefs of today to constantly push the culinary boundry. Inspired yet? Now try to replicate some of the dishes... Good luck!



A lilay better Fa

THANKS TO CLOVER, THIS DESSERT IS NOT ONLY FUN TO CREATE BUT MAKES FOR THE PERFECT TREAT FOR ANY EASTER SPREAD. PLUS, GUESTS WILL BE IN AWE OF YOUR CREATIVE FLAIR!

> STAND A CHANCE TO BE CLOVER'S NEXT TV STAR! Simply buy any two Clover promotional products and follow the entry details on pack. Visit clover.co.za for T&Cs.

Crème brûlée in eggshells

Makes 12 EASY 1 hr + overnight, to set

12 extra-large eggs 1 x 385g tin Clover Condensed Milk 250ml (1 cup) Clover Cream zest of 1 lemon 40g castor sugar

microherbs, to garnish berries (of your choice) and pomegranate jewels, to serve

- 1 Preheat the oven to 150°C.
- 2 Gently cut the tops off the eggs with a serrated knife. Empty 4 of the eggs into a small bowl, separate the egg yolks and set aside. (Freeze the egg whites in freezer bags for future use in meringues, egg-white omelettes, etc. Make sure to write down how many eggs are in the bag and use within 3 months. Defrost in the fridge overnight.) Empty the remaining eggs into a separate bowl (keep these to make scrambled eggs for breakfast!). Wash the eggshells and return them to the egg carton. Place this in an oven pan.
- 3 Whisk together the Clover Condensed Milk, Clover Cream, the reserved 4 egg yolks and lemon zest. Pour into a jug and pour the mixture into the eggshells.
- 4 Pour boiling water into the oven pan until halfway up the sides of the eggshells and bake until the custard sets, 25 - 30 minutes. Remove the eggs from the water and leave to cool completely. Refrigerate to set overnight.
- 5 To serve, sprinkle a light layer of castor sugar on top of the custard and brûlée it with a blowtorch until golden in colour. Serve with the microherbs, berries and pomegranate jewels.

FLOUR POWER

Use flour instead of cling film when making home-made marshmallows to make removing the set marshmallow super-easy! Line a dish with flour, pour in the marshmallow mixture and seal with another layer of flour.

Home-made marshmallows

Place 250ml (1 cup) water and 650g sugar in a saucepan over medium heat and stir. Let it simmer, 10 minutes, until the sugar has dissolved. Remove from heat and allow to cool slightly. Mix 80ml (1/3 cup) cold water with 30g gelatine powder and set aside to sponge, 3 minutes. Pour the gelatine mixture into the warm sugar syrup and stir until dissolved. Add a few drops of food colouring, if desired. In a free-standing mixer, beat the sugar syrup until thick and cool, about 15 minutes. Add 5ml (1 tsp) vanilla essence just before the end. Line a 25cm x 11cm dish, that is about 7cm high, with 1kg flour. Pour the marshmallow mixture into the prepared dish, seal with a generous layer of flour and allow the marshmallow to set at room temperature, about 1 hour. Invert the dish to ease out the marshmallow and cut into squares (or shapes of your choice). Makes about 12 medium-sized marshmallows.

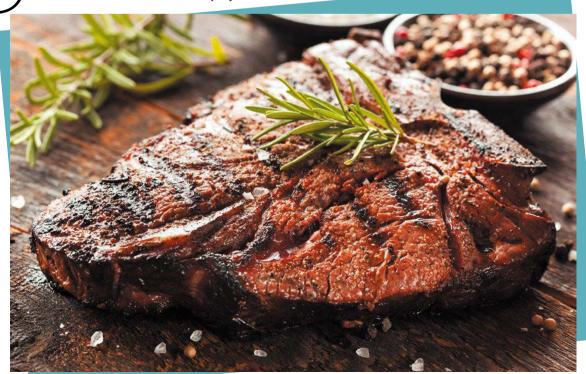
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HOT POTATO

Tired of potato skins that burst when boiling? Add coarse salt to prevent this from happening. For every 5 small potatoes, use 500ml (2 cups) water with 10ml (2 tsp) coarse salt.



The popular T-bone steak is comprised of sirloin – located in the mid-section of a cow's hindquarters – on the larger side of the T-bone and a smaller piece of fillet on the other side. This combo makes for the perfect balance, with flavour from the sirloin and tenderness from the fillet. No wonder we love this juicy choice so much!



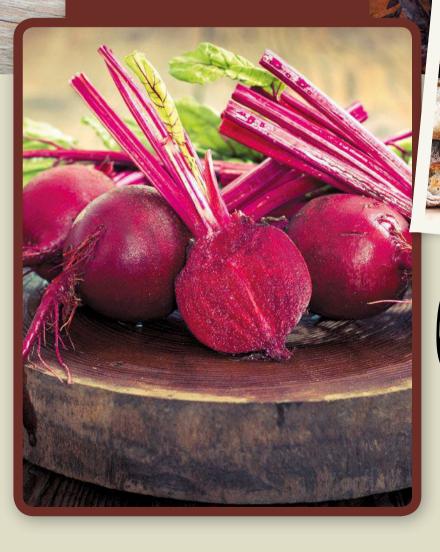


The perfect Marriage

Not only are they a match made in culinary heaven, basil and tomatoes are also excellent garden companions. Basil assists tomato plants with deterring harmful insects and overcoming disease, and can improve the growth rate of tomatoes. It is also believed that growing basil with tomatoes enhances the sweetness of the fruit, but this is a matter of taste.

BEET THE BOIL

When cooking beetroot on the stove, add a knob of butter to the water to prevent it from boiling over.





Ever wondered where the term 'baker's dozen' originated? "Thirteen for 12. In earlier times, when a heavy penalty was inflicted for short weight, bakers used to give an extra number of loaves, called the in bread, to avoid all risk of incurring a fine. The 13th was the 'vantage loaf'." Brewer's Dictionary of Phrase & Fable (18th edition)

Digging the Rig

EATEN FRESH OR DRIED, IN SAVOURY DISHES, DESSERTS OR AS A SNACK, DELICATELY SWEET-FLAVOURED FIGS ARE RICH IN HEALTH-BENEFITING PHYTONUTRIENTS, ANTIOXIDANTS, VITAMINS AND MINERALS... GO FIGURE!

Recipes and styling by NOMVUSELELO MNCUBE Photographs by DYLAN SWART



To eat figs off the tree in the very early morning, when they have been barely touched by the sun, is one of the exquisite pleasures of the Mediterranean.

ELIZABETH DAVID



DID YOU KNOW?

- Figs naturally help hold in moisture in baked goods, keeping them fresher.
- Eating 120g dried figs has as much calcium as drinking 125ml (½ cup) milk.
- The fig tree is a symbol of abundance, fertility and sweetness.

Source: valleyfig.com

Fresh fig, Brie and prosciutto bites with macadamia-nut brittle

Serves 4 EASY 1 hr 30 mins

THE FLAVOUR COMBINATIONS MACADAMIA-NUT BRITTLE

225g white granulated sugar 60ml (¼ cup) water 200g salted macadamia nuts, roughly chopped

FIG, BRIE AND PROSCIUTTO BITES

200g Brie, sliced into 2cm-long chunks 6 medium fresh figs, halved 140g prosciutto crudo olive oil, to drizzle

HOW TO DO IT

- 1 For the brittle, place the sugar and water in a medium saucepan over high heat and stir until the sugar has melted. Brush the sides of the pot with a pastry brush dipped in water to prevent sugar crystals from forming. Boil until the sugar turns golden brown, about 15 minutes.
- 2 Spread out the nuts on a silicone mat or baking paper and carefully pour over the syrup. Let it stand until cool and hard, about 1 hour, before breaking into shards.
- 3 For the figs, preheat the oven to 220°C and line a baking tray with baking paper. Place a piece of cheese on top of a fig half and wrap with a slice of prosciutto. Repeat with the remaining figs, cheese and prosciutto. Place on the prepared baking tray, drizzle with olive oil and bake until the cheese has melted, about 4 minutes.
- 4 Serve the hot figs with the shards of brittle.





Fig frangipane tart with spicy chocolatecaramel sauce

Serves 8 EASY 1 hr 45 mins

THE FLAVOUR COMBINATIONS PASTRY

225g cake flour, sifted 85g icing sugar 100g salted butter, cut into cubes 60ml (1/4 cup) ice water

CHOCOLATE-CARAMEL SAUCE

1 x 360g tin Nestlé Caramel Treat 5ml (1 tsp) mixed spice 20g dark chocolate, melted

FILLING

100g butter, softened 120g castor sugar 4 large eggs 5ml (1 tsp) vanilla essence 300g ground almonds

5 medium figs, halved

HOW TO DO IT

aside until needed.

- 1 Grease a 35cm x 11cm oblong tart tray.
- 2 For the pastry, combine the dry ingredients in a bowl. Rub in the cubed butter using your fingers until the mixture resembles breadcrumbs. Add the water and mix until the dough just comes together. Turn out onto a lightly floured surface and knead gently until smooth. Shape into a ball, wrap with cling film and refrigerate to rest, 20 minutes. Preheat the oven to 180°C.

 3 For the sauce, mix together all of the ingredients until smooth. Set

- 4 For the filling, cream the butter and sugar together in a bowl using a hand blender until light and creamy. Add the eggs one at a time, beating until the mixture is smooth and blend in the vanilla until mixed through. Stir in the almonds and set aside until needed.

 5 Remove the pastry from the fridge
- and roll out to about 0,2cm thickness on a lightly floured surface. Layer the dough into the prepared tin, covering both the bottom and sides of the tin.

 Cut off the overlaps. Prick the base with a fork and bake blind, 15 minutes.

 6 Remove the pastry from the oven and
- arrange the halved figs on top of the pastry. Pour over the filling and bake in the oven until cooked, 35 minutes.
- 7 Serve the hot tart with the spicy chocolate-caramel sauce.

Fig and crème pâtissière Pavlova

Makes 1 EASY 2 hrs 30 mins

+ 1 hr, to cool

THE FLAVOUR COMBINATIONS MERINGUE

6 large egg whites
300g golden brown sugar
5ml (1 tsp) white spirit vinegar
pinch bicarbonate of soda
5ml (1 tsp) cornflour
50g milk chocolate, melted
1 soft fig, peeled and puréed

CRÈME PÂTISSIÈRE

250ml (1 cup) full-cream milk 3 large egg yolks 100g white sugar 45g cake flour 15ml (1 tbsp) cornflour 10ml (2 tsp) vanilla essence

8 fresh figs, some whole, some sliced and some quartered, to serve

HOW TO DO IT

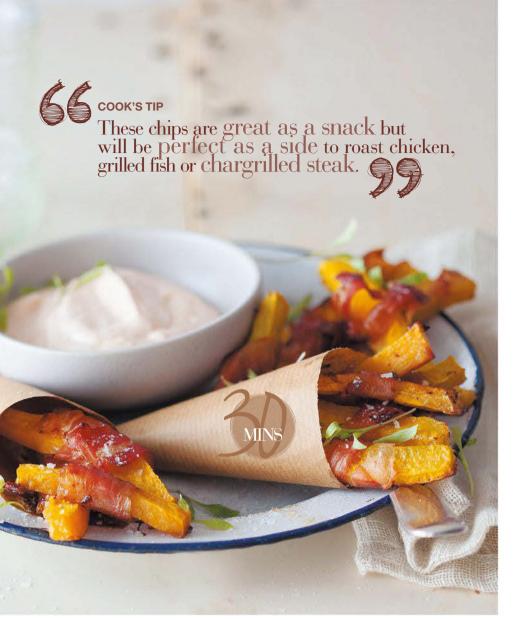
1 Preheat the oven to 120°C. Line a 30cm x 30cm baking tray with baking paper and draw a 23cm-diameter circle on the paper. Set aside until needed.

2 For the meringue, add the egg whites to the bowl of a free-standing mixer and whisk on medium speed until frothy, 2 – 3 minutes. Increase the speed to high and start adding the





Props courtesy of Plush Bazaar and stylist's own. See stockists' directory on page 118 for details.





Hubbard squash slices with a cinnamon and nut crust

The cinnamon and nuts make for a delicately spiced and crunchy topping on the tender squash Serves 4 (makes 8 slices) EASY 1 hr

THE FLAVOUR COMBINATIONS

olive oil, to drizzle
800g (8) slices hubbard squash,
cut to a thickness of about 2cm
salt and freshly ground black
pepper, to taste
30ml (2 tbsp) brown sugar
5ml (1 tsp) ground cinnamon
7,5ml (1½ tsp) fresh thyme, finely
chopped
25g cashews, finely chopped
25g shelled pistachios, finely
chopped
25g ginger biscuits, finely chopped

100g feta, to serve handful fresh basil leaves, to garnish

HOW TO DO IT

- 1 Preheat the oven to 200°C. Lightly grease a large baking tray with some olive oil.
- 2 Place the squash on the tray, drizzle lightly with olive oil, season to taste and roast, 30 minutes.
- 3 Stir the sugar, cinnamon, thyme, cashews, pistachios and biscuits together. Remove the squash from the oven, sprinkle with the crust mixture and roast for a further 15 minutes.
- 4 To serve, crumble over some feta and garnish with basil leaves.

COOK'S TIP

This sweet squash dish is the perfect addition to a Sunday lunch with roasted meat and veggies.

Parma ham-wrapped hubbard squash chips with paprika dip

These chips with a twist will become your new guilty pleasure!
Serves 4 EASY 30 mins

THE FLAVOUR COMBINATIONS CHIPS

600g hubbard squash, peeled and cut into batons salt and freshly ground black pepper, to taste 100g Parma ham olive oil, to drizzle

PAPRIKA DIP

180g double-cream Greek yoghurt 80ml (1/3 cup) mayonnaise 15ml (1 tbsp) sweet chilli sauce 2,5ml (½ tsp) smoked paprika

5ml (1 tsp) red wine vinegar

microherbs, to serve

HOW TO DO IT

- 1 For the chips, preheat the oven to 200°C. Line a large baking tray with baking paper and lightly coat with cooking spray.
- 2 Season the squash batons with salt and pepper. Cut thin strips of Parma ham and wrap a small piece around each chip. Place the chips on the baking tray, drizzle with olive oil and bake, 20 minutes. Depending on their thickness, the chips might need a little extra cooking time. Allow them to cool for a few minutes before serving.
- 3 For the dip, stir everything together.
- 4 Serve the chips sprinkled with microherbs, with a side of paprika dip.



COOK'S TIP

This salad doesn't really need a dressing as there are so many flavours packed onto the plate. However, if you would like to add an extra element to act as a dressing, try a dollop of Greek yoghurt.

Hubbard squash and sage ravioli with bacon butter

Home-made ravioli is worth all the effort once you bite into the tender pasta oozing with sweet squash deliciousness Serves 4 (makes 24) A LITTLE EFFORT 1 hr 30 mins + 30 mins, to rest

THE FLAVOUR COMBINATIONS FILLING

375g hubbard squash, peeled and chopped
½ red onion, peeled and chopped olive oil, to drizzle
2,5ml (½ tsp) ground cinnamon
10ml (2 tsp) honey
75g goat's cheese, crumbled salt and freshly ground black pepper, to taste

SAGE RAVIOLI

400g cake flour 4 eggs 2,5ml (½ tsp) salt 24 small fresh sage leaves + extra, to garnish (optional)

BACON BUTTER

150g streaky/shoulder bacon, finely chopped 15g butter 5ml (1 tsp) garlic, crushed

HOW TO DO IT

1 For the filling, preheat the oven to 200°C. Place the squash and onion on a baking tray, drizzle with a little olive oil and roast until soft and tender, 20 – 25 minutes. Remove from oven and place in a food processor with the cinnamon and honey and blitz until smooth. Allow the mixture to cool before crumbling in the goat's cheese. Season to taste. 2 For the pasta, place all of the ingredients, except the sage leaves, in a food processor and pulse until it comes together. Use your hands to gently knead into a smooth dough.







Add a bit more flour if it is too wet or a bit more water if you find it too dry. Wrap in cling film and refrigerate to rest, 30 minutes.

- 3 To make the ravioli, use an eighth of the dough at a time. Roll it out on the thickest setting of a pasta maker. Repeat the process by rolling it out twice at each setting until you reach the thinnest setting. You should have a long strip of pasta, about 50cm long. Fold it in half lengthways so you can see where the middle is and then open it up again. Place 6 small sage leaves down one half of the pasta sheet and brush the sides with a bit of water. Fold over the other half of the pasta so you encase the leaves. Roll it through the pasta machine on the thinnest setting. Neaten the edges before cutting it into 6 squares. Cover with a damp cloth while you roll out the remaining pasta. 4 Roll out another eighth of the dough but, this time, don't add any leaves. Simply follow the same process until you get to the thinnest setting on the pasta machine. Cut out 6 identical squares to the ones you made with the sage leaves. 5 Place 5ml (1 tsp) squash filling in the centre of a plain square of pasta. Moisten the edges with water and top it with a square of pasta with a sage leaf worked into the dough. Seal the edges by pushing them together with your fingers. Repeat with the remaining pasta and dough until you have about 6 ravioli per person.
- 6 Boil the ravioli in salted water until al dente. 3 4 minutes.
- 7 For the bacon butter, heat a pan until hot. Add the bacon and fry until it starts to crisp up, 5 minutes. Add the butter and garlic and fry for another minute. 8 Spoon the hot butter over the cooked ravioli and garnish with a few sage leaves, if desired.

COOK'S TIP

If you wish to speed up the pasta making, then omit the process of rolling the sage into the dough. You can simply add a sage leaf on top of the filling before sealing each ravioli.



Hubbard squash and white-chocolate cheesecake

The combination of squash and turmeric gives this delicious cheesecake a pleasantly surprising Indian twist Serves 8 EASY 3 hrs + 2 hrs, to refrigerate

THE FLAVOUR COMBINATIONS

150g ginger biscuits 70g butter, melted

FILLING

250g cream cheese 450g ricotta 4 eggs 210g castor sugar 15ml (1 tbsp) lemon juice
160g white chocolate, finely chopped
60ml (¼ cup) fresh cream
375g hubbard squash, roasted for 30
minutes and puréed
50g pecan nuts, toasted and finely
chopped
30ml (2 tbsp) honey
10ml (2 tsp) turmeric powder
1 egg, whisked

100g white chocolate, melted, to serve whipped cream, sweetened with icing sugar, to serve (optional)

HOW TO DO IT

1 For the base, place both ingredients in a food processor and blitz until fine. Line the bottom of a 20cm springform cake tin with baking paper. Press the



biscuit mixture in to form the cheesecake base and refrigerate, 20 minutes.

- 2 For the filling, preheat the oven to 160°C. Blend the cream cheese, ricotta, eggs, sugar and lemon juice together in a food processor until smooth. Melt the chocolate and cream in a saucepan over very low heat until smooth. Let it cool for 5 minutes and then stir this into the cream cheese mixture.
- 3 Remove 500ml (2 cups) cream cheese mixture and combine it with the puréed squash, pecans, honey, turmeric and egg. Whisk to combine. Pour this, as the first layer, onto the prepared biscuit base and bake, 30 minutes. Remove from oven and reduce the heat to 150°C. 4 Gently pour the remaining

it back in the oven and bake for another hour. Turn the oven off and allow the cheesecake to cool in the oven with the door ajar, 1 hour. Remove from oven and refrigerate, 2 hours.

5 Pour the melted white chocolate on top. Slice the cheesecake into portions and serve with a dollop of whipped cream, if desired.

COOK'S TIP

The ginger biscuits can be replaced with digestive biscuits if you're not fond of ginger.

foodandhome.co.za APRIL 2015 45









Hot cross buns

Makes 12 **EASY** 1 hr + 1 hr 30 mins, to rise

THE FLAVOUR COMBINATIONS

500g cake flour + extra, if needed 15ml (1 tbsp) ground cinnamon 2,5ml (½ tsp) ground nutmeg 2,5ml (½ tsp) ground ginger 60ml (¼ cup) castor sugar 15g dried yeast pinch salt 330ml full-cream milk 80g butter 1 egg, lightly beaten 80g mixed candied peel, chopped 80g sultanas

CROSS DOUGH

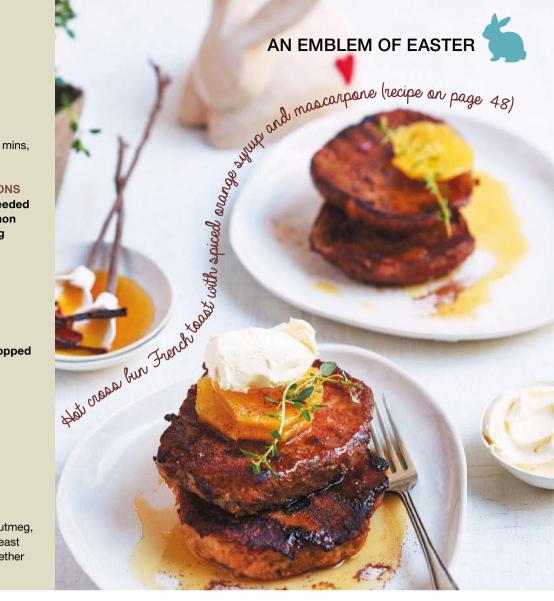
150g cake flour 15ml (1 tbsp) sugar 170ml (²/₃ cup) water

GLAZE

100g apricot jam

HOW TO DO IT

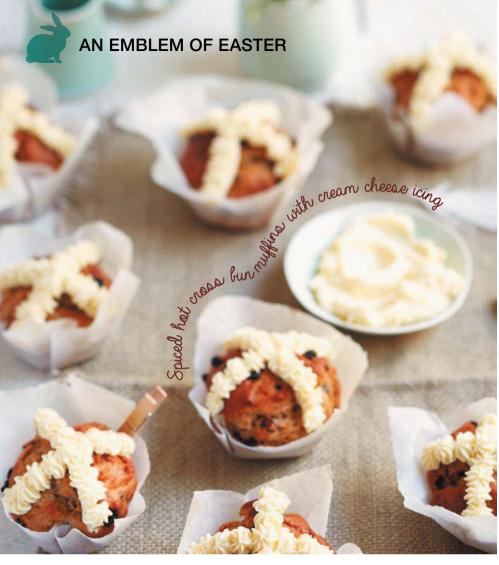
1 Place the flour, cinnamon, nutmeg, ground ginger, castor sugar, yeast and salt in a bowl and mix together to combine.



THESE FABULOUSLY STICKY, SPICED, SWEET BUNS ARE TRADITIONALLY EATEN ON GOOD FRIDAY, TOASTED OR COLD, AND ARE SUPERB SLATHERED WITH MELTING BUTTER. THIS YEAR, HAVE SOME FUN WITH YOUR HOT CROSS BUN!

Recipes and styling by LUISA FARELO Photographs by MYBURGH DU PLESSIS





2 Place the milk and butter in a saucepan and heat gently over lowmedium heat until the butter has melted and the liquid is lukewarm. Add this to the dry ingredients, as well as the beaten egg, and mix to form a soft dough. You might need to add a little extra flour if the dough is too sticky, but try not to add too much as it may result in heavy and dense buns. 3 Transfer the dough to a floured surface and knead until soft and smooth, about 15 minutes. Place in a lightly oiled bowl, cover with a tea towel and allow to rise in a warm place until double in size, about 1 hour. 4 Remove the risen dough from the bowl and knock back (punch it down), adding the mixed candied peel and sultanas as you go. Divide the dough into 12 equal portions and form into small round buns. Place the buns on a greased baking tray, in whichever formation you like, and leave in a warm place until double in size, about 30 minutes. Preheat the oven to 180°C. 5 For the cross dough, mix all of the

ingredients together until smooth. Fill a piping bag with the dough and neatly pipe a cross onto each bun. Place the buns in the oven and bake until golden brown and cooked through, 20 – 30 minutes.

- 6 For the glaze, heat the apricot jam in a saucepan over low heat until runny.
- 7 Remove the buns from the oven and, while still warm, brush over the jam and leave to cool slightly before serving.

Hot cross bun French toast with spiced orange syrup and mascarpone Serves 2 - 4 EASY 35 mins

THE FLAVOUR COMBINATIONS SPICED ORANGE SYRUP

180ml (¾ cup) fresh orange juice 45ml (3 tbsp) fresh lemon juice 100g sugar 1 star anise 2 cinnamon sticks 3 sprigs fresh lemon thyme + extra, to garnish







HOT CROSS BUN FRENCH TOAST

2 eggs 15ml (1 tbsp) milk 2 - 4 hot cross buns, halved butter, to frv

125g mascarpone, to serve 1 large fresh orange, peeled and sliced, to garnish

HOW TO DO IT

- 1 For the syrup, place the orange juice, lemon juice, sugar, star anise, cinnamon sticks and lemon thyme in a saucepan over low-medium heat and stir until all the sugar has dissolved. Increase the heat and allow to simmer until reduced by half and syrupy, 8 - 10 minutes. Remove from heat and allow to cool. 2 For the French toast, whisk together the eggs and milk until combined and dip the buns into the mixture until well coated.
- 3 Heat a little butter in a frying pan over medium heat, and fry the eggsoaked buns on both sides until golden brown and crispy.
- 4 Remove from pan and serve warm drizzled with the syrup and a dollop of mascarpone. Garnish with sprigs of fresh thyme and orange slices.

Spiced hot cross bun muffins with cream cheese icing Makes 12 EASY 1 hr

THE FLAVOUR COMBINATIONS SPICED HOT CROSS BUN MUFFINS

375g cake flour 15ml (1 tbsp) baking powder 2,5ml (1/2 tsp) bicarbonate of soda 10ml (2 tsp) cinnamon 2,5ml (1/2 tsp) ground ginger 2,5ml (1/2 tsp) ground nutmeg 150ml sunflower oil 250g plain yoghurt 2 eggs 150g castor sugar 80g sultanas 60ml (1/4 cup) currents 60ml (1/4 cup) candied peel

CREAM CHEESE ICING

250g cream cheese 30ml - 45ml (2 - 3 tbsp) castor sugar (depending on how sweet you prefer it) good squeeze lemon juice

HOW TO DO IT

1 Preheat the oven to 190°C and grease and line a muffin tray with muffin cases. 2 For the hot cross bun muffins, sieve together the flour, baking powder. bicarbonate of soda, cinnamon, ginger and nutmeg and set aside.

3 In a separate bowl, whisk together the oil, yoghurt, eggs and castor sugar until well combined. Add the wet ingredients to the dry ingredients and mix until just combined. Fold in the sultanas, currents and candied peel and fill the muffin cases with the batter. Bake in the oven until risen, golden brown and cooked through, about 25 minutes. Remove from oven and allow to cool completely before icina.

4 For the icing, mix together all of the ingredients using an electric beater and adjust the sweetness, if necessary. Spoon the icing into a piping bag and pipe crosses onto the cooled muffins to serve.

Hot cross bun tiramisu Serves 4 - 6 EASY 20 mins

THE FLAVOUR COMBINATIONS

15ml (1 tbsp) coffee granules 250ml (1 cup) boiling water 250g mascarpone 30ml (2 tbsp) castor sugar 30ml (2 tbsp) marsala wine 250ml (1 cup) fresh cream, whipped to stiff peaks 2 - 3 hot cross buns, sliced into finaers

cocoa, to dust 1 chocolate flake, to garnish

HOW TO DO IT

- 1 Place the coffee granules in a container and stir in the boiling water to dissolve. Set aside to cool.
- 2 Place the mascarpone, sugar and marsala in a bowl and mix until well combined. Gently fold in the whipped cream and set aside.
- 3 Dip the hot cross bun fingers quickly into the cooled coffee and line the base of individual glasses. Top with a good dollop of the mascarpone mixture, add another layer of coffee-soaked hot cross bun fingers, and finish off with a final layer of mascarpone mix. Dust with cocoa and crumble a little flake on top just before serving.



Easter Chocolate Gake

Baking Time: 25 - 30 minutes

INGREDIENTS:

180 g cake flour (1½ cups)

200 castor sugar (250 ml/ 1 cup)

cocoa powder (100 ml) 40

g Anchor Instant Yeast (1 packet) 10

80 ml oil (1/3 cup)

80 ml lukewarm water (1/3 cup)

4 large eggs, separated

vanilla essence (2 tsp) 10 ml

ml cream of tartar (1 tsp)

METHOD:

- Sift the cake flour, castor sugar and cocoa together in a bowl. Add the Anchor Instant Yeast and mix.
- Mix the oil and the boiling water and add to the dry ingredients
- Beat egg yolks lightly, add vanilla and mix into the batter mixture.
- Beat the egg whites until stiff and stir in 5 ml cream of tartar and stir gently.
- Add the egg whites to the batter mixture and fold in gently.
- Divide the mixture into 2 greased 20 cm cake pans or into 1 large ring pan.
- Allow to rise for 5 minutes and bake in a pre-heated oven at 180 °C / 350 °F for 25 – 30 minutes or until baked.
- Allow to rest for 5 minutes and then turn out onto a cooling rack. Make a chocolate butter icing and decorate as desired.

BUTTER ICING INGREDIENTS:

175 g

4tbsp level tablespoons cocoa powder (optional)

350 g icing sugar 3tbsp boiling water

1/2 tsp vanilla essence

METHOD:

- Place the butter into a mixing bowl and beat until soft.
- Place the cocoa powder into a separate bowl.
- Add the boiling water to the cocoa powder.
- 4. Mix the cocoa and water into a paste.
- 5. Add the paste to the softened butter.
- 6. Add the rest of the ingredients.
- Beat until smooth and creamy.
- Use immediately.



Visit our new website, www.ilove2bake.co.za for some baking inspiration.





To participate in the competition, entrants need to email their favourite "Easter" recipe baked with yeast to competitions@anchor.co.za. A selection of the best recipes will be published on the "ilove2bake" website and Facebook page.

From the selected recipes, one lucky winner will win a Mellerware 'Supra' Stand Mixer. Competition closes 31 May 2015.

Full terms and conditions are available on www.ilove2bake.co.za





THE ESSENCE OF LOST CONTROLLARS TO C

Lamb steak tagliata with hummus bruschetta

Serves 8 (as a canapé) EASY 1 hr

THE FLAVOUR COMBINATIONS CANNELLINI BEAN HUMMUS

2 garlic cloves, skins on
1 x 400g tin cannellini beans, rinsed
and drained
30ml (2 tbsp) tahini paste
30ml (2 tbsp) olive oil
generous squeeze lemon juice
salt and freshly ground black
pepper, to taste

BRUSCHETTA

8 – 10 slices ciabatta bread olive oil, to brush

TAGLIATA

30ml (2 tbsp) olive oil + extra, to rub 2,5ml (½ tsp) red chilli flakes 5ml (1 tsp) dried oregano pinch sea salt flakes 15ml (1 tbsp) lemon juice 500g lamb fillet steaks salt and freshly ground black pepper, to taste

pecorino shavings, to serve capers, to serve microherbs and edible flowers, to garnish (optional)

HOW TO DO IT

- 1 Preheat the oven to 180°C.
- 2 For the hummus, wrap the garlic cloves in foil and roast in the oven,35 minutes. Allow to cool, then press the roasted flesh out. Place in a blender with the remaining hummus ingredients and blitz until smooth.

- 3 For the bruschetta, brush the bread slices lightly with olive oil and toast in a griddle pan over medium heat until golden and crisp on both sides.
- 4 For the tagliata, whisk together the olive oil, chilli flakes, oregano, salt and lemon juice. Rub the lamb steaks with a little olive oil and season with salt and pepper. Heat a griddle pan until hot and cook the steaks, 2 3 minutes per side for rare, or to your liking. Remove the steaks from the pan, cover and rest for 5 minutes before slicing. Lay the tagliata in the chilli and oregano marinade and turn to coat.
- 5 To assemble, spread a generous layer of hummus onto each bruschetta and top with the warm lamb slices, pecorino shavings, a scattering of capers, microherbs and edible flowers. These bruschetta are best served warm.

Pulled Moroccan lamb knuckles with apricots in a sesame filo coil

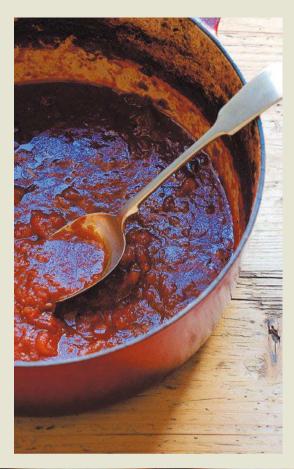
Serves 6 – 8 A LITTLE EFFORT 1 hr + 4 hrs, to slow-cook

THE FLAVOUR COMBINATIONS

30ml (2 tbsp) olive oil + extra, if needed
1kg lamb knuckles
salt and freshly ground black pepper, to taste
1 red onion, peeled and chopped
1 garlic clove, peeled and minced 5ml (1 tsp) ground cumin
5ml (1 tsp) ground coriander
5ml (1 tsp) smoked paprika
2,5ml (½ tsp) turmeric
2,5ml (½ tsp) cinnamon
15ml (1 tbsp) fresh ginger, peeled and grated

TRADITIONALLY
EATEN ON EASTER
DAY, LAMB
PRESENTS US WITH
A TASTY HOST
OF PREPARATION
IDEAS! HERE ARE
A FEW WAYS TO
SPICE THINGS UP
WITH THIS JUICY,
TENDER HOLIDAY
MEAT. BEFORE YOU
DIG INTO THOSE
CHOCOLATE EGGS,
OF COURSE...

Recipes, styling and photographs by DIANNE BIBBY

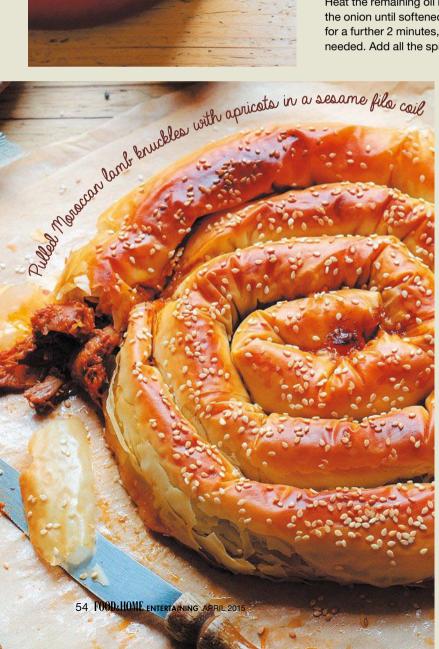


zest of 1 lemon and juice of ½
5ml (1 tsp) sugar
1 x 400g tin chopped tomatoes
15ml (1 tbsp) tomato paste
250ml (1 cup) chicken stock
40g Turkish apricots, diced
handful fresh mint, chopped
8 sheets filo pastry, defrosted
60g butter, melted
sesame seeds, to sprinkle

HOW TO DO IT

- 1 Preheat the oven to 180°C.
- 2 Heat 15ml (1 tbsp) of the olive oil in a large ovenproof pot over medium-high heat until hot. Season the knuckles generously with salt and pepper then brown on both sides to seal. Remove the knuckles from the pot, cover and set aside. Heat the remaining oil in the same pot and sauté the onion until softened. Add the garlic and cook for a further 2 minutes, adding a little more oil, if needed. Add all the spices, ginger and lemon zest









and juice and cook for several minutes to intensify the flavours.

- 3 Add the sugar, tomatoes, tomato paste, stock and apricots, stir to combine then return the lamb knuckles to the pot. Pour over 300ml boiling water, ensuring the liquid just covers the meat. Place the lid on and cook in the oven until the lamb is meltingly soft, $3\frac{1}{2} 4$ hours.
- 4 Remove from oven (leaving the oven on) and take out the lamb. Shred or pull the meat from the bones (discard the bones), return to the sauce and stir through the chopped mint. Set aside to cool.
- 5 Lay 2 pastry sheets down lengthways, overlapping in the middle by 3cm. Brush lightly with melted butter, then lay 2 more sheets on top. Place half of the lamb filling along the bottom length of the pastry, leaving a 2cm edge. Roll up snugly, from the bottom up, into a sausage shape. Carefully shape the roll into a coil, starting with one end as the centre and working outwards. Repeat the process with the remaining filo and lamb and add to the coil. Brush the top and sides with melted butter, sprinkle over the sesame seeds and transfer to a lined baking sheet. Bake until the top is golden and crisp, 45 50 minutes.

Lamb meatball tray bake with onions, sweet peppers, tomatoes and herb oil

Serves 4 EASY 1 hr 15 mins

THE FLAVOUR COMBINATIONS MARINADE

30ml (2 tbsp) olive oil
zest of 1 lemon
1 stem fresh rosemary, leaves removed and
finely chopped
5ml (1 tsp) dried oregano
1,25ml (¼ tsp) red chilli flakes
salt and freshly ground black pepper, to taste

TRAY BAKE

1 x 400g pack good-quality lamb sausages 1 red pepper, seeded and roughly chopped 1 yellow pepper, seeded and roughly chopped 2 red onions, peeled and sliced into wedges 30ml (2 tbsp) balsamic vinegar 5ml (1 tsp) castor sugar pinch salt 200g Rosa tomatoes

OREGANO AND MINT OIL

several stems each fresh oregano and mint, finely chopped 30ml (2 tbsp) extra virgin olive oil juice of ½ lemon salt and freshly ground black pepper, to taste



LUSCIOUS LAMB

warm pitas, to serve (optional)
potato slices, cut on a mandoline and roasted,
to serve (optional)
fresh green salad, to serve (optional)

HOW TO DO IT

- 1 Preheat the oven to 200° C.
- 2 For the marinade, whisk together all of the ingredients in a bowl.
- 3 For the tray bake, press the lamb-sausage meat out of the casings and roll into mini meatballs. Place on a lined baking sheet, along with the sweet peppers. Pour over the marinade and toss to coat. In a separate bowl, coat the onions with the balsamic vinegar, sugar and salt. Add the onions to the tray and roast, 35 minutes. Turn the meatballs over, add the tomatoes to the tray and return to the oven, 20 25 minutes.
- 4 For the oil, mix everything together in a bowl. 5 Serve the meatball tray bake drizzled with the herb oil. Add a side of warm pita breads, roast potatoes and a fresh green salad, if desired.

Korma lamb kebabs with minted yoghurt

Makes 8 (serves 4) EASY 30 mins + 1 hr or overnight, to marinate

THE FLAVOUR COMBINATIONS KEBABS

30ml (2 tbsp) korma paste
30ml (2 tbsp) vegetable oil
15ml (1 tbsp) fresh ginger, peeled and grated
5ml (1 tsp) ground coriander
600g lamb steaks, cubed
15ml (1 tbsp) vegetable oil
sea salt, to taste
30ml (2 tbsp) water
squeeze lime juice

MINTED YOGHURT

130g Greek yoghurt handful fresh mint leaves, chopped zest and juice of 1 lime salt and freshly ground black pepper, to taste

TO SERVE

handful fresh coriander ½ red onion slices handful pomegranate rubies lime zest and wedges

HOW TO DO IT

1 For the kebabs, mix together the korma paste, the 30ml (2 tbsp) oil, ginger and coriander. Rub the paste into the lamb pieces and thread onto wooden skewers. Cover and refrigerate to marinate, 1 hour or overnight if time allows.

- 2 For the minted yoghurt, stir all of the ingredients together, cover and refrigerate until ready to use.
- 3 Remove the kebabs from the fridge and bring to room temperature before cooking. Heat the 15ml (1 tbsp) oil in a frying pan until hot. Season the kebabs with salt and cook for around 3 minutes on each side, rotating them until all the sides are browned and the meat is cooked to your liking. Deglaze the pan with the water and a squeeze of lime juice. Turn the kebabs over to coat in the pan juices. Serve immediately garnished with coriander, red onion and pomegranate rubies. Add a side of lime wedges and minted yoghurt topped with zest.

Slow-roasted leg of lamb with a spicy pomegranate jus and bulgur wheat salad



THE FLAVOUR COMBINATIONS MARINADE

60ml (1/4 cup) olive oil
30ml (2 tbsp) harissa paste
2 garlic cloves, peeled and minced
5ml (1 tsp) salt
5ml (1 tsp) dried oregano
2,5ml (1/2 tsp) black pepper
2,5ml (1/2 tsp) cinnamon
zest and juice of 1 lemon

LAME

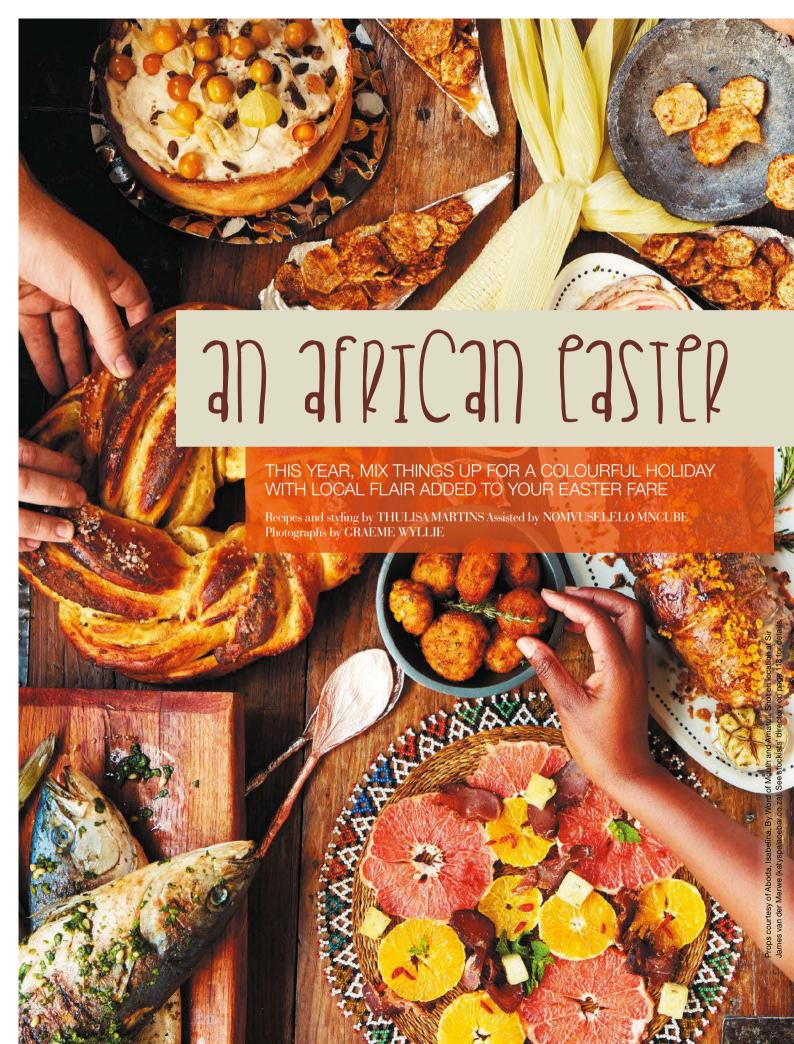
1,8kg – 2kg leg of lamb, bone in 4 red onions, peeled and quartered 30ml (2 tbsp) olive oil sea salt, to taste 350ml pomegranate juice 30ml (2 tbsp) pomegranate molasses (available at select delis)

BULGUR WHEAT SALAD

200g bulgur wheat
5ml (1 tsp) chicken stock powder
pinch salt
boiling water, to cover
large handful fresh flat-leaf parsley,
finely chopped
20g rocket/crimson microherbs
50g pistachio nuts, roasted
50g pumpkin seeds, roasted
30ml (2 tbsp) olive oil
juice of ½ lemon
salt and freshly ground black pepper,
to taste









A TWIST ON TRADITION



2 For the aloe syrup, heat the sugar and juice in a small saucepan over medium heat until a syrup forms, about 10 minutes. Stir in the cinnamon. 3 Line a large 34cm x 28cm baking tray. On a lightly floured surface, roll out the dough into a 30cm x 20cm rectangle and spread with the sweet-potato mash followed by the syrup. Roll up into a sausage shape. Then cut the sausage in half lengthways, exposing the different layers vertically, while leaving a 3cm section uncut at the end. Twist the two halves to form a 'twisted sausage', then shape into a wreath. Tuck the end underneath the beginning part, brushing with beaten egg to stick the two bits together (visit foodandhome.co.za for a how-to guide for this step). Set the bread aside to prove until slightly puffy, but don't let the middle close (it must still rise in the oven), 15 - 20 minutes. 4 Preheat the oven to 180°C. Brush the top of the bread with egg, sprinkle with salt flakes and bake until golden brown, 30 - 45 minutes.

Ting-inspired cheesy corn bites coated with peanut and sugar bean crumb

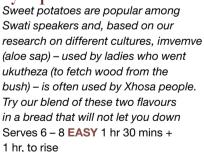
Ting (sour porridge) is a dish often mentioned among Tswana people. Inspired by this, we created these cheesy balls carefully coated with a Tsongainspired peanut and sugar bean crumb Makes 20 EASY 1 hr 45 mins

THE FLAVOUR COMBINATIONS

½ onion, peeled and finely chopped 50g unsalted butter 70g maize meal 450ml full-cream milk 100g fresh sweetcorn, cooked 100g mature Cheddar 30ml (2 tbsp) amasi/buttermilk pinch salt 50g breadcrumbs 50g peanuts, crushed 50ml sugar beans, boiled for 30 minutes, dried in a 180°C oven for 1 hour and finely chopped 50g cake flour 2 large eggs, beaten vegetable oil, to deep-fry

fresh thyme sprigs, to garnish

Sweet potato, butter and aloe syrup bread



THE FLAVOUR COMBINATIONS

750g white bread flour, sifted + extra, if needed 25g castor sugar 10g dried yeast 5ml (1 tsp) salt 125ml (½ cup) warm full-cream milk 3 large eggs 50g unsalted butter, softened 125g sweet potatoes, peeled, boiled and mashed

50g baby butternut, peeled, boiled and mashed

ALOE SYRUP FILLING

50g castor sugar 75ml aloe juice 5ml (1 tsp) cinnamon 100g sweet potatoes, peeled, boiled and mashed

1 egg, beaten sea salt flakes, in flavours and colours of your choice

HOW TO DO IT

1 Place the flour, castor sugar, yeast and salt in the bowl of a free-standing blender with a dough hook and mix to combine, 2 minutes. Add the milk and eggs and blend over medium speed until the dough comes together and forms strong gluten strands, 8 minutes. Add the butter, mashed sweet potatoes and butternut, and blend over low speed until mixed through. Place in a large bowl, cover and set aside in a warm place to double in size, about 1 hour.



A TWIST ON TRADITION

HOW TO DO IT

1 Fry the onion in the butter in a saucepan over medium heat, 5 minutes. Add the maize meal and milk and stir until the mixture reaches a thick-custard consistency, about 20 minutes. Add the sweetcorn, cheese and amasi or buttermilk and stir until mixed through. Season with salt to taste. Place the mixture in a bowl, cover and refrigerate until cold and very thick, 30 minutes. 2 Mix together the breadcrumbs, peanuts and sugar beans and place in a shallow dish. Place the flour and

3 Remove the cheese mixture from the fridge, scoop out and shape into small balls, about the size of a golf ball. Roll these in the flour, then dip in the egg and, finally, in the breadcrumb mixture. Repeat until all the cheese mixture is finished then refrigerate the cheese balls, 20 minutes.

eggs in 2 separate bowls.

4 Heat the oil in a deep-fryer or deep pot to 180°C and deep-fry the cheese balls until golden brown, about 3 minutes. Drain on paper towel and serve warm garnished with thyme.

Citrus and biltong salad with maizemeal croutons

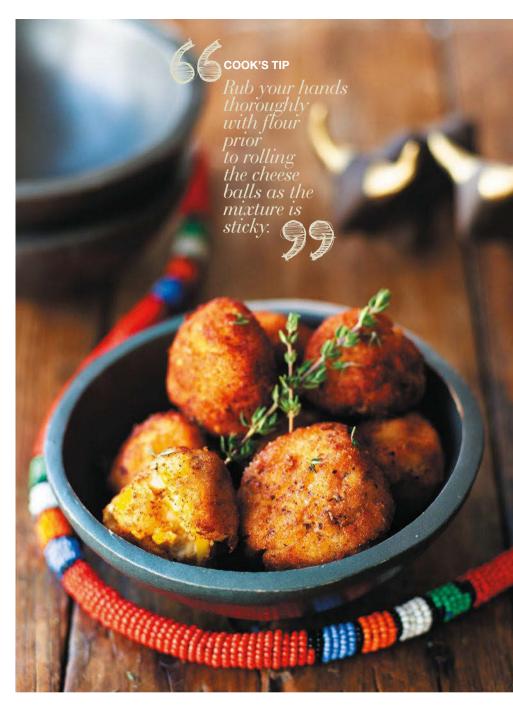
Sweet, citrusy notes contrasting with the delicious saltiness of Afrikaans biltong is what this dish is all about! The crispy maize-meal croutons, inspired by Ndebele cuisine, make for the perfect partner Makes 6 EASY 1 hr

THE FLAVOUR COMBINATIONS MAIZE-MEAL CROUTONS

200g maize meal 500ml (2 cups) water salt and freshly ground black pepper, to taste small handful fresh tarragon, chopped small handful fresh mint, chopped 45ml (3 tbsp) olive/avocado oil

SALAD DRESSING

60ml (¼ cup) honey juice of 1 orange juice of ½ lemon 15ml (1 tbsp) olive/avocado oil salt and freshly ground black pepper, to taste 30ml (2 tbsp) fresh mint, chopped



SALAD

2 ruby grapefruits, peeled and sliced 2 clementines, peeled and sliced 2 oranges, peeled and sliced 150g soft biltong, roughly chopped

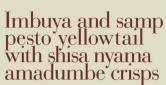
black salt flakes, to serve small handful fresh mint, to serve

HOW TO DO IT

1 For the croutons, boil the maize meal in the water in a saucepan over medium heat, stirring constantly, until it becomes a thick porridge, 20 minutes. Remove from heat, season and stir in the herbs. Place the mixture on a shallow baking tray lined with

baking paper and refrigerate to set, 20 minutes. Preheat the oven to 230°C. 2 Remove the crouton mixture from the fridge and cut into 1cm x 1cm squares. Scatter onto the baking tray, drizzle with oil and bake until crisp, 5 minutes. 3 For the dressing, blitz together the honey and citrus juices. While the motor is running, add the oil in a slow, steady stream and blitz until mixed through. Remove from blender, season and stir in the mint.

4 For the salad, arrange the ingredients on a platter and scatter with the cooled croutons. Season with black salt flakes, drizzle with the dressing and serve garnished with fresh mint.



Samp, which is popular among Sotho people, pairs very well with imbuya, which features regularly in Zulu cuisine and adds great flavour to whole fish on the braai. Plus, it's great to look at! The shisa nyama spice adds zing to the dish Serves 6 EASY 1 hr + 30 mins or overnight, to marinate (optional)

THE FLAVOUR COMBINATIONS IMBUYA AND SAMP PESTO

50g samp, soaked overnight and boiled until soft 50ml olive/avocado oil + extra, if needed 100g imbuya/spinach, washed and chopped 80g pine nuts salt and freshly ground black pepper, to taste

3 (400g) medium-sized whole yellowtails, cleaned

AMADUMBE CRISPS

1kg amadumbe potatoes, peeled, rinsed and thinly sliced 50ml olive/avocado oil, to coat Robertsons Shisa Nyama spice sunflower oil, to fry

HOW TO DO IT

1 For the pesto, preheat the grill. Place the samp on an oven tray, drizzle with 10ml (2 tsp) of the oil and grill until the samp is mostly golden brown and dry, 10 minutes. Remove from oven and allow to cool, 10 minutes. Blend the samp, the remaining oil and half of the imbuya or spinach until fine and of a pesto consistency. Stir in the pine nuts. Season and rub half of the pesto mixture onto the fish and into the cavity of the bellies. Cover the fish and refrigerate to marinate, at least 30 minutes. This can be done the day before and left overnight.



A TWIST ON TRADITION

2 For the crisps, thoroughly coat the potato slices with the oil and sprinkle with the spice. Heat the oil in a deepfryer or deep pot to 180°C and fry the chips until golden brown, about 5 minutes. Drain on paper towel. 3 Braai the fish over medium to high-heated coals on top of a thin layer of foil, 3 - 5 minutes on each side, taking care not to burn the skin. Alternatively, you can grill the fish in the oven until cooked, 5 - 10 minutes. Drizzle with a little olive oil if needed. Mix the remaining imbuya or spinach into the pesto and coat the cooked fish thoroughly. Serve immediately with the

Roast sirloin of beef with corn and bacon crust and a chilli, mustard and corn jelly

amadumbe crisps.

Sunday roasts are perfect for English cuisine. We've added local va-va-voom by pairing this with a chilli, mustard and corn jelly. Corn is a staple ingredient among Sepedi speakers, hence their dish, diwana (dried corn and green beans)

Makes 6 – 8 EASY 2 hrs + overnight, to strain

THE FLAVOUR
COMBINATIONS
MUSTARD AND CORN JELLY

500g Granny Smith apples, cut into thick slices
5 whole corn on the cobs
60ml (¼ cup) white vinegar
50ml Dijon mustard
750ml (3 cups) water
3 (5g) gelatine leaves
150g castor sugar
30ml (2 tsp) chilli flakes

CORN AND BACON DUST

250g streaky bacon 4 corn on the cobs, boiled and kernels removed with a sharp knife

BEEF

2kg rolled beef sirloin roast 45ml (3 tbsp) olive oil sea salt and freshly ground black pepper, to taste 45ml (3 tbsp) Dijon mustard 4 garlic cloves, peeled and crushed 50g cake flour

roasted garlic head, to garnish fresh rosemary sprigs, to garnish





HOW TO DO IT

1 For the jelly, combine the apples, corn cobs, vinegar, 25ml of the mustard and the water in a large saucepan, bring to a boil and simmer, 5 minutes. Strain through a muslin cloth overnight without stirring the mixture.

2 Remove the corn kernels from the cobs using a sharp knife and set aside. Soak the gelatine in a little cold water for 5 minutes. Measure the strained liquid (there should be about 350ml), mix with the sugar and stir over medium heat until the sugar has dissolved. Bring to a boil, 10 – 15 minutes. Remove the gelatine from the water and squeeze out excess water. Remove the liquid from the heat and stir in the gelatine until dissolved. Add the chilli flakes and 50ml corn kernels (from the boiled corn) and place in sterilised jars.

3 For the corn and bacon dust, preheat the oven to 230°C. Place the bacon and corn on a lined baking tray and roast in the oven until crisp and dry, 15 - 20 minutes. Remove from oven and blitz in a food processor until fine. Return to the oven and roast for a further 10 minutes until slightly dry. Remove from oven and set aside to cool and dry further. Reduce the oven heat to 180°C. 4 For the beef, thoroughly rub with the olive oil and seasoning. Rub with the mustard, garlic and half of the corn and bacon dust, then rub with the flour and brown in a frying pan over high heat on all sides until golden brown, 2 - 3 minutes. Place the beef in a roasting tray and roast in the oven, 45 minutes. 5 Remove from oven and sprinkle with the remaining corn and bacon dust. Let the meat stand, 10 minutes, before carving. Serve with the jelly and garnish with the roasted garlic and rosemary.

Melkkos ice cream and spicy pumpkin seed tart with gooseberries

If you have not yet tasted the Afrikaans dessert melkkos, then it's time to try our ice cream-filled version with Vendainspired spicy pumpkin seeds Makes 6 EASY 45 mins + freezing time

THE FLAVOUR COMBINATIONS
MELKKOS ICE CREAM
1L (4 cups) full-cream milk
500ml (2 cups) fresh cream

250g castor sugar 5ml (1 tsp) cinnamon 5 cardamom pods, crushed 100g cake flour pinch salt 15g butter 100ml fresh cream

PUMPKIN SEEDS

25g castor sugar 5ml (1 tsp) cinnamon 50g pumpkin seeds 10ml (2 tsp) olive oil

PASTRY

250g cake flour, sifted 75g icing sugar, sifted pinch salt 150g butter, cut into blocks 1 egg yolk 30ml (2 tbsp) ice-cold water + extra, if needed

gooseberries, to serve

HOW TO DO IT

salt and

1 For the melkkos ice cream, heat the milk, 500ml (2 cups) cream, sugar, cinnamon and cardamom pods in a saucepan until just before boiling point. Reduce the heat and simmer, 2 minutes. While the milk is heating, mix together the flour and

rub the butter into the flour mixture until the flour and butter mixture over the milk and whisk until thick, about 7 minutes. Remove from heat and allow to cool slightly, 5 minutes. Fold in the 100ml cream, place in a freezer-proof container and freeze, whisking every 30 minutes until the mixture is fully frozen. the sugar and cinnamon. Toast the seeds in a non-stick pan over medium heat, about 3 minutes, then immediately toss in the cinnamon sugar and olive oil until fully coated. Fold this into the ice cream right before it freezes completey. Reserve some to sprinkle onto the ice cream before serving.

3 For the pastry, mix the flour, sugar and salt together. Add the butter and, using your fingers, combine until the mixture resembles breadcrumbs. Add the egg yolk and mix together. Add

enough water to make a soft rest, about 20 minutes.

Preheat the oven to 180°C. Remove the dough from the fridge and roll out into a 28cm round. Place the dough in an 19cm-diameter and 8cm-deep lined springform tin, covering both the bottom and sides of the tin. Prick the bottom and blind bake, 15 minutes. Remove the baking beans or rice and bake until the pastry is golden brown, about 20 minutes. 5 To assemble, scoop the ice cream, just before serving, into the pastry holder and serve topped with the

gooseberries

and pumpkin seeds.

Try not to eat too much of the custard prior to freezing, otherwise you'll be left without any for the ice cream – this is tempting and you might find yourself making another batch!











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CHSTER APPETISERS

FRAGRANT ROSEMARY AND BUTTER-ROASTED PEARS

SEARED BEEF, BROCCOLI FLORETS AND MICROHERB BRUSCHETTA

SWEETCORN, PEA AND PARMESAN TARTLETS

BANG-BANG PRAWN SALAD

EASTER TREATS

SPICY HOT CROSS BUN LOAF

DECADENT CHOCOLATE
TART WITH FRESH RASPBERRIES

CASTER LUNCH

ROAST BEEF, PEA SHOOT AND STRING BEAN SALAD

MARINATED AND ROASTED BEEF FILLET ROLLED IN FRESH HERBS

DEBONED AND STUFFED ROAST CHICKEN WITH TOMATO AND ROCKET

ROAST BEEF WITH GINGER AND CORIANDER DRESSING



EASTER APPETISERS

Fragrant rosemary and butter-roasted pears

Serves 6 EASY 1 hr

6 ripe PnP Pears, peeled and halved 300ml PnP Chenin Blanc 60g PnP Castor Sugar 50g PnP Salted Butter 6 star anise 6 sprigs fresh rosemary

- 1 Preheat the oven to 180°C.
- 2 Place the pears in a large, wide pot and add the wine, sugar, butter, star anise and rosemary. Make sure the pears are completely covered.
- 3 Bring the mixture to a boil, then transfer the contents to a baking dish and bake in the oven until the pears are tender and partially caramelised, about 40 minutes. Serve warm with the juices.

The pears for this dish should be quite firm, so that the flavours can be absorbed without the pears falling apart.





Seared beef, broccoli florets and microherb bruschetta

Serves 6 EASY 45 mins

200g PnP Beef Fillet
Extra Trim
80ml (1/3 cup) PnP Extra Virgin
Olive Oil
15ml (1 tbsp) PnP Crushed Garlic
15ml (1 tbsp) ginger, peeled
and crushed
1 red chilli, seeded and sliced
30ml (2 tbsp) fresh coriander,
finely chopped
salt and freshly ground black
pepper, to taste

1 tomato, chopped 6 slices bruschetta 3 garlic cloves, peeled and halved 100g broccoli florets, blanched and sliced 100g microherbs

balsamic reduction, to serve

1 Place the fillet in a glass container. Mix the oil, garlic, ginger, chilli and coriander together and pour over the fillet. Season to taste and rub the meat well, using your hands, to evenly distribute the marinade. Set aside to marinate, about 30 minutes. 2 Preheat a griddle pan over medium heat and chargrill the fillet to your liking. Remove from heat and set aside to rest, 5 minutes. Thinly slice the fillet then toss through the marinade together with the chopped tomato.

3 Place the bread slices on the hot griddle pan and toast, 1 minute on each side. Rub each slice, on one side, with half a garlic clove and place on a serving dish. Top the bruschetta with slices of beef, broccoli, tomato and microherbs. Serve drizzled with balsamic reduction.





Makes 6 EASY 1 hr 15 mins

1 x 400g PnP Short Crust Pastry, defrosted

FILLING

15ml (1 tbsp) PnP Olive Oil (Extra Light) 20g PnP Salted Butter 5 PnP Spring Onions, finely sliced 15ml (1 tbsp) PnP Crushed Garlic 1 x 410g tin PnP Fresh Garden Peas, drained 1 x 340g tin PnP Whole Kernel Corn, rinsed and drained 2 PnP Large Eggs 1 PnP Large Egg yolk 125ml (1/2 cup) PnP Fresh Cream salt and freshly ground black pepper, to taste 60g Parmesan, freshly grated + extra, to serve

microherbs, to garnish

1 On a lightly floured surface, roll out the pastry and cut out rounds to line 6 large muffin wells. Prick the bases with a fork and refrigerate, 30 minutes. Preheat the oven to 180°C. Remove the pastry from the fridge and bake, 15 minutes. Remove from oven, but leave the oven on.

- 2 For the filling, heat the oil and butter in a large frying pan over medium heat and sauté the onions and garlic, 5 minutes. Toss through the peas and sweetcorn and remove from heat.
- 3 Beat the eggs, yolk and cream with the sweetcorn mixture and season to taste. Divide the mixture among the tartlet cases, sprinkle with Parmesan and bake until golden and just set, 20 - 30 minutes. Serve while still hot sprinkled with extra cheese and garnished with microherbs.



Bang-bang prawn salad

Serves 6 EASY 30 mins

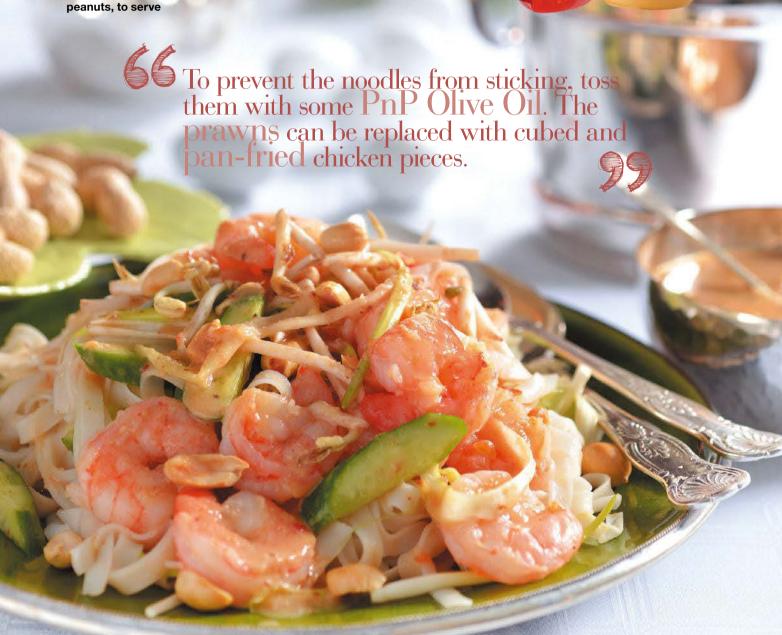
160g flat rice noodles
45ml (3 tbsp) PnP Smooth
Peanut Butter
100ml coconut milk
45ml (3 tbsp) PnP Sweet Chilli Sauce
2 spring onions, diagonally sliced
1 Israeli cucumber, seeded
and sliced
30ml (2 tbsp) bean sprouts
200g prawn tails, cooked and
tossed in sesame oil

1 Place the noodles in a mixing bowl and pour over hot water. Leave until the noodles are soft, then drain.

2 Place the peanut butter, coconut milk, sweet chilli and half of the spring onions in a small bowl and mix together. Add a little water if needed to achieve a pouring consistency.

3 Mix the noodles with the cucumber and bean sprouts, place in a serving dish and top with the prawns. Drizzle with the dressing and top with the remaining spring onions and peanuts to serve.











Serves 6 EASY 45 mins

500g baby beetroots
600g potatoes, quartered
2 red onions, peeled and quartered
4 baby aubergines, quartered
25ml PnP Extra Virgin Olive Oil +
extra, to sear
salt and freshly ground black
pepper, to taste
400g PnP Sirloin Steak
250g PnP Extra Fine String Beans,
trimmed and blanched
50g PnP Baby Spinach

DRESSING

60ml (¼ cup) PnP Extra Virgin Olive Oil 20ml (4 tsp) PnP Balsamic Vinegar salt and freshly ground black pepper, to taste 5ml (1 tsp) wholegrain mustard

baby spinach leaves, to serve

- 1 Preheat the oven to 180°C.
- 2 Toss the beetroots, potatoes, onions and aubergines in the oil and season. Start by cooking just the beetroots on a roasting tray in the oven until soft and cooked, about 20 minutes. Add the potatoes and cook, 30 minutes. Finally, add the onions and aubergines and cook for 15 minutes. 3 In the meantime, season the beef and seal on all sides in a hot pan in a little oil, 10 minutes. Place in a roasting tray, cover with foil and roast, 20 minutes. Remove from oven, take off the foil and set aside to rest, 5 minutes, before thinly slicing.
- 4 For the dressing, whisk all of the ingredients together until well combined.
 5 Place the vegetables on a large serving
- platter and gently toss through the dressing. Add the fillet slices, top with some baby spinach







Marinated and roasted beef fillet rolled in fresh herbs

Serves 6 EASY 45 mins + a few hrs or overnight, to marinate

MARINADE

30ml (2 tbsp) sesame oil 30ml (2 tbsp) thick soya sauce 30ml (2 tbsp) runny honey 30ml (2 tbsp) PnP Crushed Garlic 10ml (2 tsp) ginger, peeled and crushed

800g PnP Beef Fillet, trimmed salt and freshly ground black pepper, to taste

30ml (2 tbsp) PnP Extra Virgin Olive Oil 45ml (3 tbsp) oyster sauce

1 For the marinade, combine all of the ingredients in a jug. Place the fillet in a shallow bowl and season to taste. Pour over the marinade and refrigerate to marinate, a few hours or overnight.

2 Preheat the oven to 180°C.

3 Heat the olive oil in a roasting tray over medium-high heat and seal the fillet on all sides. Roast in the oven, 20 minutes. Remove and set aside to rest, 5 minutes. 4 Just before serving, brush the fillet with the oyster sauce. Mix the two herbs together and spread onto a sheet of foil. Roll the fillet in the herbs, pressing to coat evenly. Slice as you desire and serve.

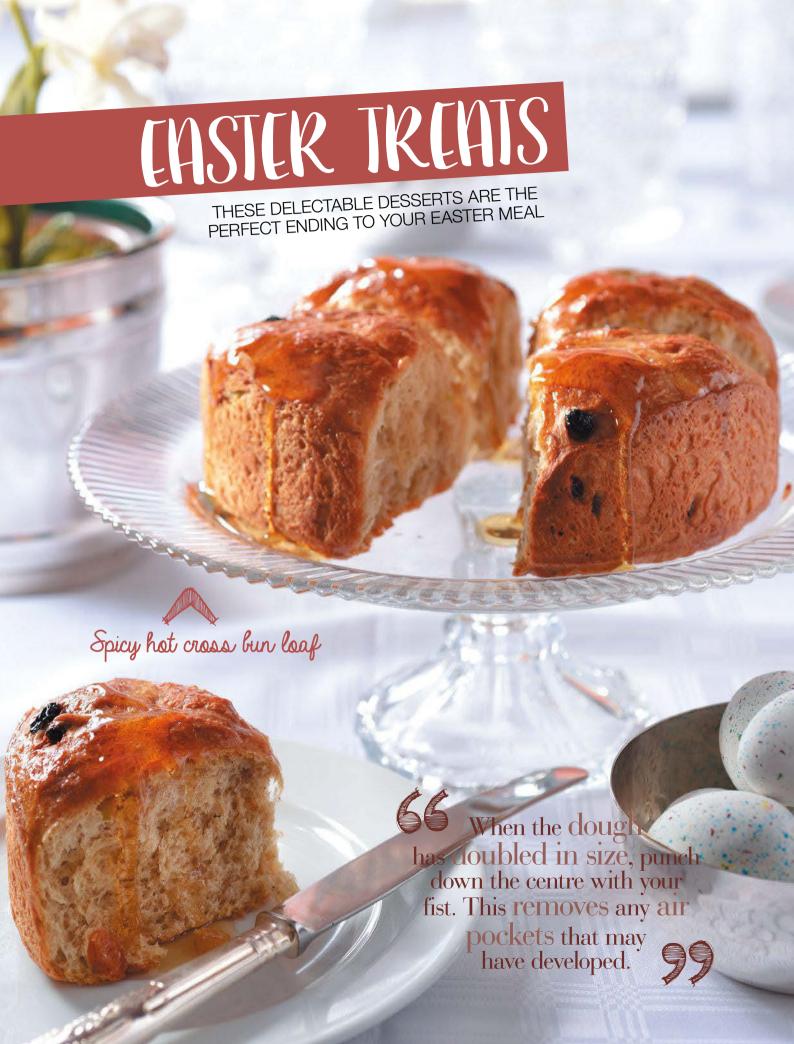
The longer you leave the meat in the marinade, the tastier it will be. Roll the meat in the herbs only once you are about to serve it.





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Spicy hot cross bun loaf

Makes 1 loaf EASY 30 mins + rising time

DOUGH

240g PnP Cake Wheat Flour
30g PnP Salted Butter, cubed
7g instant yeast
10ml (2 tsp) PnP Mixed Spice
30ml (2 tbsp) PnP Castor Sugar
zest of 1 lemon
125ml (½ cup) PnP Full Cream Fresh
Milk + extra, to glaze
1 PnP Free Range Extra Large Egg
50g PnP Sultanas

honey, to glaze butter, to serve (optional) jam, to serve (optional)

1 For the dough, place all of the ingredients, except the sultanas, in a mixer and blend until a soft dough is formed. Turn the dough out onto a lightly floured surface and knead for a few minutes. Form a hole in the centre and add the sultanas. Continue to knead until the sultanas are incorporated. Cut the dough into five 100g pieces and roll each piece into a ball. 2 Lightly grease a deep 15cm loosebottomed cake tin. Arrange the balls in the tin and cover loosely with lightly oiled cling film. Set aside in a warm place until the dough has risen and started coming out of the sides. Preheat the oven to 200°C. 3 Bake the hot cross bun loaf in the oven until golden, about 15 minutes. Remove from oven and brush the buns with honey while still hot. Serve with butter and jam, if desired.





Decadent chocolate tart with fresh raspberries

Makes 1 tart (serves 6 – 8) **EASY** 1 hr + 2 hrs. to set

PnP Salted Butter, to grease 1 x 400g PnP Puff Pastry, defrosted

FILLING

160g dark chocolate, cubed 20ml (4 tsp) PnP Ground Cinnamon 20g PnP Salted Butter zest of 1 orange 200ml PnP Fresh Cream

cocoa powder, to dust fresh raspberries, to serve

- 1 Grease a 24cm loose-bottomed tart tin lightly with butter.
- 2 On a lightly floured surface, roll out the pastry big enough to line the tart tin. With a fork, pierce a few holes all over the base and sides of the tart and refrigerate, 30 minutes. Preheat the oven to 180°C.
- 3 Remove the tart case from the fridge and bake in the oven, about 20 minutes. Switch off the oven and open the door until the case has cooled.
- 4 In the meantime, make the filling. Place the chocolate, cinnamon, butter and zest in a bowl over a pot of boiling water (do not allow the water to touch the bottom of the bowl) and stir until the chocolate has melted. Remove from heat and continue to stir until smooth.
- 5 Whip the cream until thick and fold into the chocolate mixture. Pour into the pastry case and refrigerate until set, 2 hours.
- 6 Dust with cocoa powder and top with raspberries before serving.



You can top the tart with seasonal fruit of your choice, but raspberries are the best choice as they brighten up the tart with their cheerful pink colour, without overpowering the decadent chocolate taste.





Decadent chocolate tart with fresh raspberries







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were spent on a makeshift mattress under the bar at his uncle's restaurant.

As a toddler. Philippe moved with his family to West Africa where his father worked in the petroleum business but, twice a year from the age of four, he would return to his home town of Strasbourg to stay with his uncle and aunt, where he would live, work, eat and sleep the restaurant business. It

might sound a bit tough to some but, to Philippe, it was heaven.

"The first thing I learnt to do was to carry the plates from the kitchen to the tables, and the people loved it and often tipped me because they thought it was cute." But Philippe explains that he did it "simply because I loved it, not because people gave me money". At the age of eight, Philippe's uncle met him at the airport with a full chef's uniform made especially for him and invited him behind the swinging door and into the kitchen, a place Philippe would rarely leave for the rest of his life.

At the age of 14, he travelled to France and entered into an apprenticeship at his first Michelin-star restaurant, L'Arsenal, where he stayed for two years before furthering his studies at university. He completed two degrees, one of which was the Brevet de Maîtrise (BM) de Cuisine – the highest qualification a chef can achieve. While studying, Philippe also worked in two Michelin-

star restaurants, "I began every day at 6:45am and ended after 1am with a 15km cycle home." There was no comprehension of what a holiday or a weekend were and what little time he had off would be spent studying and sleeping.

With hard work came much success but, often, life was difficult for Philippe in a world where his peers were all much older than he: jealousy from older chefs in lower positions made the road less travelled a rocky one.

Accolade after accolade followed Philippe around the world as he moved from France to Scotland to the Caribbean and, finally, South Africa for a contract with the Tsogo Sun Group. But, he soon tired of the commercial nature of hotel restaurants and a meeting with entrepreneur Hendrik Marais changed everything. "Within five minutes of meeting, we were in business together and I agreed to conceptualise, create and be the chef patron of Roots Restaurant at Hendrik's prestigious Forum Homini Hotel."

Philippe remained there for seven years, garnering countless awards for his inspired set menus showcasing modern cuisine with a South African twist.

But, as I watch him work and plate these refined, more modestly styled dishes, there is a clear sense that the need for molecular gastronomy and avant-garde experimentation have left Philippe's cuisine for the time being. The fare he is creating now is more personal, more heartfelt. I ask him about his vision for his new restaurant, and he says, "Please excuse the pun, but I'm coming back to my roots. I feel that people have forgotten the essence of what food is about; it's become art at the highest level, but it's lost its substance, its moreishness."

He explains that this new venture is about the celebration of the ingredient, respecting one's ingredients and setting about enhancing rather than transforming them. "When I was in the Michelin-star race, I realised a standard is set that is not necessarily your own, and you become almost like a sheep trying to find ways that work, ways that are accepted to create that standard and get the award. It's almost like a religion, the 'recipe for success' if you like. But,





here, I just want to make food that is outof-this-world delicious."

His menu at Eat is an ode to his French repertoire and earlier influences – celebrating the classics but enhancing and uplifting them. "For example, this jus for the lamb is something my uncle taught me, a dish I was brought up with, but one that I have modernised slightly, to bring out the best in each ingredient." He offers me a spoonful – it's rich and sensual, the star anise and cloves permeate the rich stock and port and wows you with the bold, yet balanced flavour combination.

I sit back for a moment and watch him work – you can see that he cooks from the heart. I begin to talk to him about his love of wines and his recent entry into the winemaking world. He tells me of learning to make wine as a child, of harvesting the grapes from the field and reaping an intense understanding and respect for the process from a very young age, something that has filtered through to his wine list, or lack of, shall I say. "I don't want to have thousands of different wines here for the sake of it; I've created relationships with a select group of similar-minded winemakers and

I choose to present their wines in my restaurant, but I don't want to work from a long, generic list."

Philippe likes to spend time with each winemaker on their estate because he truly appreciates their art. I ask about his favourite cultivar and regret my naive words as soon as they leave my mouth. He smiles, knowingly, and explains that, for him, "there is simply a cultivar for every occasion in the same way that a woman has the perfect shoes for every occasion." He continues, "When a winemaker creates a beautiful wine, that wine is like the husband in a marriage to a beautiful dish, which is his wife, and the husband has the power to either subdue the wife or elevate her in ways that wouldn't be possible if she were on her own."

His own winemaking has evolved organically over the past few years, selecting the farms that have the most exciting grapes and then choosing the perfect winemaker to work with that grape. He works hand in hand with them to create pallet-driven wines, carefully crafting the flavour profiles to ensure that the wines he makes complement his cuisine.

packaging (his wines bear no labels or other frippery). "I package the bottles like this because I want to offer my product to my clients at the most affordable price - what's important is what's inside the bottle and not the bottle itself." Philippe shows me his chenin blanc, sauvignon blanc, two chardonnays, rosé, merlot and shiraz. He pours me a glass of the chardonnay and tells me of the little house he has in the south of France where, on a daily basis, he takes a Jerry can to his favourite winery and they fill it directly from the barrel. He takes this home and prepares lunch, which he serves to his family at a long table outside under the beautiful plum trees, which later form a canopy beneath which you nap away the afternoon. "Now, that's a holiday," he smiles.

I sip on my exquisite glass of buttery chardonnay and survey my surroundings; there's a light breeze flowing through the sun-lit restaurant and rustling the trees outside, you can hear the water fountain trickling away in the courtyard and I suddenly feel like Philippe, without knowing it, has recreated that French-Provençal 'holiday feeling' here.

I return to the kitchen where I find him making the next dish: a gorgeous, fresh and light cream of corn soup. He offers me a spoon and I taste... it's beautiful. I ask Philippe if it's finished and he smiles and laughs, "It's never finished – even when it's finished, it's not finished." Eat, L'Corro Shopping Centre, corner 14th Avenue and Bagley Terrace, Northcliff; 011-476-3749



THE FLAVOUR COMBINATIONS

45g butter, melted
60ml (1/4 cup) cake flour
7,5ml (1/2 tsp) salt
2,5ml (1/2 tsp) mustard powder
250ml (1 cup) milk
3 egg yolks, beaten
30ml (2 tbsp) fresh parsley, chopped
10ml (2 tsp) onion, peeled and grated
15ml (1 tbsp) lemon juice
500g jumbo lump crab meat
(tinned will work)
3 egg whites, beaten to soft peaks

HOW TO DO IT

- 1 Preheat the oven to 180°C.
- 2 Melt the butter in a saucepan over medium heat and, using a wooden spoon, mix in the flour, salt and mustard powder. Add the milk gradually and cook until thick and smooth, stirring constantly, about 5 minutes.
- stirring constantly, about 5 minutes. 3 Stir a little of the hot sauce into the egg yolks (to prevent coagulation of the yolks), then transfer them to the remaining sauce, stirring constantly. Add the parsley, onion, lemon juice and crab meat, then fold in the egg whites. 4 Place the mixture in a well-greased soufflé dish or individual ramekins. Place the filled dish/es in a pan of hot water so that the water reaches halfway up the ramekins. Bake in the oven until the soufflé is firm in the centre, about 40 minutes. Serve immediately.

Curried cream of corn soup with popcorn Serves 6 EASY 45 mins

THE FLAVOUR COMBINATIONS

10ml (2 tsp) olive oil
250g onions, peeled and chopped
5ml (1 tsp) garlic, peeled and finely
chopped
10ml (2 tsp) curry powder
950ml chicken stock
1 x 400g tin sweetcorn, puréed
500g potatoes, peeled and diced
25ml fresh lemon juice
50ml fresh cream
5ml (1 tsp) sugar
1 chilli, finely chopped
60ml (¼ cup) yoghurt
pinch salt, to taste



HERB OIL

9/uten & N

200ml grape seed oil 1 bunch fresh chervil/parsley/ basil/chives

TO GARNISH

60ml (¼ cup) litchis, peeled and seeded (use tinned if fresh not available), diced 20g popcorn

20ml (4 tsp) mixed herbs

HOW TO DO IT

1 Heat the oil in a large saucepan

over medium heat. Add the onions and garlic, cover and cook, stirring occasionally, until softened, about 5 minutes. Add the curry powder and cook until fragrant, 30 seconds.

2 Add the stock, corn purée, potatoes, lemon juice, cream, sugar, chilli, yoghurt and salt to the saucepan, turn up the heat to medium-high and bring to a boil. Reduce the heat to medium-low and simmer, partially covered, until the potatoes are tender, about 20 minutes. Remove from heat. With a hand blender, blend the soup, but do not let it get too smooth. Set aside and keep warm.

- 3 For the herb oil, place the oil in a deep, tall and narrow container, add the fresh herbs and blitz with a hand blender. Pass the oil through a fine sieve or muslin cloth.
- 4 Pour the soup into bowls and sprinkle with the litchis and popcorn. Drizzle with herb oil and garnish with mixed herbs.

Baked chevreau with lyonnaise, * port reduction and tarragon oil Serves 2 EASY 45 mins

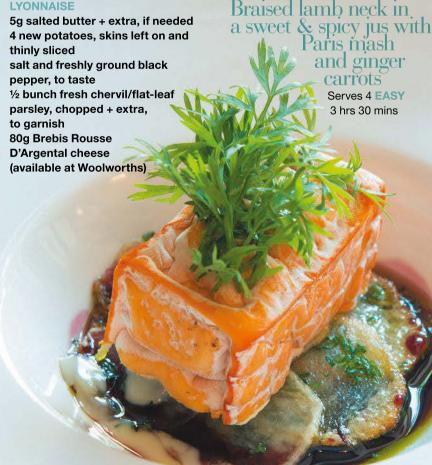
THE FLAVOUR COMBINATIONS **PORT REDUCTION**

250ml (1 cup) ruby port 30g brown sugar 1 star anise

TARRAGON OIL

200ml grapeseed oil 1 bunch fresh tarragon

LYONNAISE



HOW TO DO IT

- 1 Preheat the oven to 180°C. For the port reduction, place the port, sugar and star anise in a saucepan over medium heat and reduce to a syrupy consistency, about 10 minutes.
- 2 For the tarragon oil, place the oil in a deep, tall and narrow container, add the tarragon and blitz with a hand blender. Pass the oil through a fine sieve.
- 3 For the potatoes, heat the butter in a frying pan over high heat and pan-fry the potatoes until slightly golden on the edges and just cooked through (add a little more butter if needed), about 5 minutes. Season to taste and sprinkle with the chervil or parslev.
- 4 Place the port reduction and the tarragon oil in 2 deep ovenproof plates and spoon the sautéed potatoes on top. Halve the goat's cheese and place a half on top of the sautéed potatoes. Bake in the oven until the goat's cheese starts melting, 3 minutes. Remove from oven and garnish with chervil or parsley to serve.

THE FLAVOUR COMBINATIONS LAMB NECK

30ml (2 tbsp) olive oil 4 x 180g lamb neck, boned and tied with string (ask your butcher to prepare it for you) 2 medium-sized carrots, peeled and diced 1 medium onion, peeled and diced 30ml (2 tbsp) celery, diced bouquet garni (fresh thyme, parsley, bay leaf, clove and juniper berry wrapped in muslin cloth and strung together) 3 garlic cloves, peeled 500ml (2 cups) beef stock 150ml port

SWEET & SPICY JUS

50ml honey 1,25ml (1/4 tsp) ground cinnamon pinch ground cloves pinch ground juniper berries pinch ground nutmeg 1 star anise + extra, to garnish 50ml red wine vinegar 1 garlic clove, peeled 500ml (2 cups) reduced cooking liquid (from the braising of the lamb neck) 20g ice-cold butter, diced

PARIS MASH

6 large waxy potatoes, peeled and cut into chunks 2,5ml (1/2 tsp) salt 30ml (2 tbsp) double-thick cream 100g salted butter salt and freshly ground black pepper, to taste

CARROTS

5ml (1 tsp) maple syrup 50g butter 5ml (1 tsp) fresh ginger, grated 4 medium carrots, peeled and julienned 20ml (4 tsp) water

handful fresh chervil/parsley, chopped, to serve

HOW TO DO IT

For the lamb, heat the oil in a large braising pot over high heat, add the lamb necks and brown the meat on all sides. Remove from the pot and set aside to rest.



- 2 Add the vegetables to the braising pot and cook over medium heat until golden in colour, about 10 minutes. Add the lamb neck, bouquet garni, garlic, stock and port and braise gently, 1½ hours.
- 3 Once cooked, remove the lamb from the cooking liquid, set aside and keep warm. Strain the braising liquid into another pot. Reduce the cooking liquid by half over low heat, about 15 minutes. Remove from heat and reserve the reduction for the making of the jus.
- 4 For the jus, heat a saucepan over high heat and, when very hot, pour in the honey. Let it slightly change colour, about 5 minutes, then add all the spices. Stir immediately to prevent burning. Turn the heat to low, add the vinegar and garlic and reduce, about 6 minutes. Add 500ml (2 cups) of the reserved braising liquid and reduce further over medium heat for about 10 minutes - it should be rich and sticky. Pass the jus through a sieve and muslin cloth. Reheat just before serving, at which point you can add the butter - swirl the jus in the pan in a rotational manner in order to incorporate the butter.
- 5 For the Paris mash, place the potatoes in a medium saucepan. Add cold water until the potatoes are covered by at least an inch and add the salt. Bring to a boil then reduce the heat to low to maintain a simmer. Cover and cook until you

- can easily poke through them with a fork, 15 20 minutes.
- 6 While the potatoes are cooking, warm together the cream and butter in saucepan over low-medium heat.
- 7 When the potatoes are cooked, drain them and place in a large bowl. Pour over the heated cream and melted butter and mash with a potato masher. Then, use a sturdy wooden spoon to beat further. Don't overbeat the mashed potatoes as they will end up gluey. Season to taste.
- 8 For the carrots, add the syrup and butter to a saucepan over medium heat. When the butter has melted, add the ginger and allow to infuse, about 2 minutes. Add the carrots and water and cook until the carrots are cooked but still crunchy, about 8 minutes.
- 9 To assemble, plate the mashed potato, top with some lamb neck, pour over the warmed-up jus, add the carrots and garnish with fresh chervil or parsely and star anise.

Fig crème Chiboust Serves 6 EASY 45 mins

THE FLAVOUR COMBINATIONS CHANTILLY CREAM

200ml fresh cream 5ml (1 tsp) vanilla essence 15ml (1 tbsp) icing sugar

CRÈME PÂTISSIÈRE

500ml (2 cups) cream
1 vanilla pod, seeds scraped
out
6 egg yolks
150g sugar
5ml (1 tsp) cornflour

12 figs, cut into quarters 10ml (2 tsp) icing sugar 25ml Grand Marnier 6 scoops good vanilla ice cream 6 shortbread fingers, roughly

6 large fresh mint leaves, finely sliced, to garnish

HOW TO DO IT

chopped

- 1 For the Chantilly, whip the cream until stiff and mix in the vanilla essence and icing sugar. Refrigerate until needed.
- 2 For the crème pâtissière, place 250ml (1 cup) of the cream in a saucepan and bring to a boil. Add the vanilla pod and seeds when the cream starts to boil.
- In a separate bowl, whisk together the egg yolks, sugar and cornflour. Pour the boiled cream into the egg mixture and mix together with a wooden spoon. Return to the saucepan and stir over medium heat with a wooden spoon until the custard coats the back of the spoon, about 10 minutes. Set aside to cool.
- 4 Whip the remaining cream and incorporate into the cooled pâtissière to make the crème Chiboust.
- 5 Season the fig quarters with the icing sugar and Grand Marnier.
- 6 Using large wine glasses, start building from the bottom: add a layer of Chiboust, then figs, then the Chantilly cream followed by the ice cream and, finally, top with the shortbread. Garnish with fresh mint leaves to serve.





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Apple and butterscotch French-toast sandwiches (recipe on page 76)

French-toast batons with wild mushroom and sage butter Serves 2 EASY 30 mins

THE FLAVOUR COMBINATIONS

25g butter 150g wild mushrooms, some cut into quarters 100g butter 10 fresh sage leaves salt and freshly ground black pepper, to taste 2 large eggs 50ml milk pinch salt 2 thick slices sourdough bread, cut into batons

125g crème fraîche, to serve

HOW TO DO IT

1 Heat the 25g butter in a mediumsized frying pan over high heat, and fry the mushrooms until golden. Add the 100g butter, reduce the heat and simmer until the butter turns golden brown in colour. Remove from heat, add the sage leaves and season to taste. Transfer the mushrooms to a serving bowl, leaving a little of the butter in the pan for frying the French toast. 2 Whisk together the eggs, milk and a pinch of salt. Dip the bread batons into the egg mixture and fry in the mushroom pan over medium heat until golden brown and crisp, 1 minute on each side. Remove from pan and serve hot with the wild mushroom and sage butter and a side of crème fraîche.

Pear and Gorgonzola-stuffed French toast Serves 2 EASY 1 hr 45 mins

THE FLAVOUR COMBINATIONS **BREAD DOUGH**

7,5ml (1½ tsp) dry yeast 250g cake flour + extra, to dust 5ml (1 tsp) salt 2,5ml (1/2 tsp) sugar 15ml (1 tbsp) sunflower oil 250ml tepid water (approximately), to form a workable dough

PEAR AND GORGONZOLA FILLING

15g butter





3 sprigs fresh thyme 1 pear, cut into quarters 50g Gorgonzola/any blue cheese

1 large egg 50ml milk 15g butter salt and freshly ground black pepper, to taste

50ml maple syrup, to serve fresh thyme leaves, to garnish

HOW TO DO IT

1 For the bread dough, place all of the dry ingredients in a mixing bowl, rub in the oil and add enough of the tepid water to form a workable dough. Turn the dough out onto a clean, dusted work surface and knead until smooth and stretchy but not sticky, 5 minutes. Transfer the dough to an oiled bowl, cover with a tea towel and set aside in a warm place until double in size, about 30 minutes. 2 Preheat the oven to 200°C. Grease and line a 20cm x 10cm (or similar-sized) bread loaf tin with baking paper.

- 3 For the filling, heat the butter and thyme in a frying pan over medium heat, and fry the pears until caramelised and cooked through, 5 10 minutes. Remove from heat and set aside.
- 4 Lightly dust a clean surface with flour and roll out the bread dough into a 17cm x 28cm rectangle. Top with the caramelised pears and crumbled blue cheese and roll, pinching the ends together. Place in the prepared bread tin, seam side down, and set aside to prove, 15 minutes.
- 5 Whisk together the egg and milk and brush a little of the mixture over the bread dough. Bake in the oven until the bread is cooked through and golden on top, 30 35 minutes.
- 6 Remove the bread from the oven and place on a rack to cool before cutting into 1cm-thick slices.
- 7 Dip the slices into the egg mixture. Heat the butter in a frying pan over medium heat, and fry the egg-dipped slices until cooked through and golden, 2 minutes on each side. Season and serve with maple syrup and fresh thyme.

Croque-monsieur French toast Serves 2 EASY 45 mins

THE FLAVOUR COMBINATIONS BÉCHAMEL SAUCE

125ml (½ cup) milk
1 bay leaf
1 garlic clove, peeled
15g butter
15ml (1 tbsp) cake flour
50ml brandy
salt and freshly ground black
pepper, to taste

FRENCH TOAST

2 large eggs 50ml milk pinch salt 6 French loaf/baguette slices 30g butter

TOPPING

6 slices gypsy ham 50g Gruyère, grated

6 sprigs fresh oregano, to garnish









Orange cream and granadilla-rolled French toast

Serves 2 EASY 30 mins

THE FLAVOUR COMBINATIONS

125g cream cheese
pulp of 1 granadilla + extra,
to garnish
15ml (1 tbsp) orange zest + extra,
to garnish
30ml (2 tbsp) orange juice
1 large egg
50ml milk
2 slices white bread
30g butter

orange wedge, to serve

HOW TO DO IT

1 In a medium-sized bowl, mix together the cream cheese, granadilla pulp, orange zest and juice and set aside. 2 Whisk together the egg and milk. Dip the slices of bread into the egg mixture and place on a board. Divide the citruscream cheese mixture between the two slices and spread over the bread, leaving a gap around the edges. Roll the bread up as you would a Swiss roll. 3 Heat the butter in a frying pan over medium heat, and fry the rolls until golden and crisp, 1 minute on each side. 4 Remove from pan and serve garnished with granadilla pulp, orange zest and an orange wedge.

Apple and butterscotch French-toast sandwiches

Serves 3 EASY 45 mins + 30 mins, for the sauce to cool

THE FLAVOUR COMBINATIONS BUTTERSCOTCH SAUCE

100ml golden syrup 35g butter 80g treacle sugar 100ml cream

FRENCH-TOAST SANDWICHES

30g butter
2 Royal Gala apples, core removed
and cut into eighths
15ml (1 tbsp) brown sugar
2 large eggs
50ml milk
6 slices muesli/raisin bread
30g butter

HOW TO DO IT

1 For the butterscotch sauce, place the syrup, butter and sugar in a small saucepan and bring to a boil. Remove from heat and stir in the cream. Return to the heat, reduce the heat to medium and simmer, 2 – 3 minutes. Pour into a sterilised jar and set aside to cool and thicken, about 30 minutes.

- 2 For the sandwiches, melt the first 30g butter in a frying pan over medium heat, add the apples and sugar and fry until softened and caramelised, 3 minutes. Remove from heat and set aside to cool.
- 3 Whisk together the eggs and milk and dip the slices of bread into the egg mixture. Place 3 of the dipped slices of bread on a board and top each slice with caramelised apples and 15ml (1 tbsp) butterscotch sauce. Sandwich together with the remaining slices of dipped bread.
- 4 Heat the second 30g butter in a large frying pan over medium heat, and fry the apple sandwiches until golden brown and cooked through, 2 minutes on each side.
- 5 Remove from heat and cut each sandwich in half. Stack them, keeping them in place with a skewer, and serve immediately drizzled with the remaining butterscotch sauce or serve it as a side, if you prefer.

Marshmallowstuffed French toast with darkchocolate ganache Serves 2 - 3 EASY 30 mins

THE FLAVOUR COMBINATIONS

100ml cream
100g dark chocolate, broken into
small pieces
3 sugar doughnuts, halved
horizontally
75g mini marshmallows
2 large eggs
50ml milk
50g butter

baby marshmallows, to serve

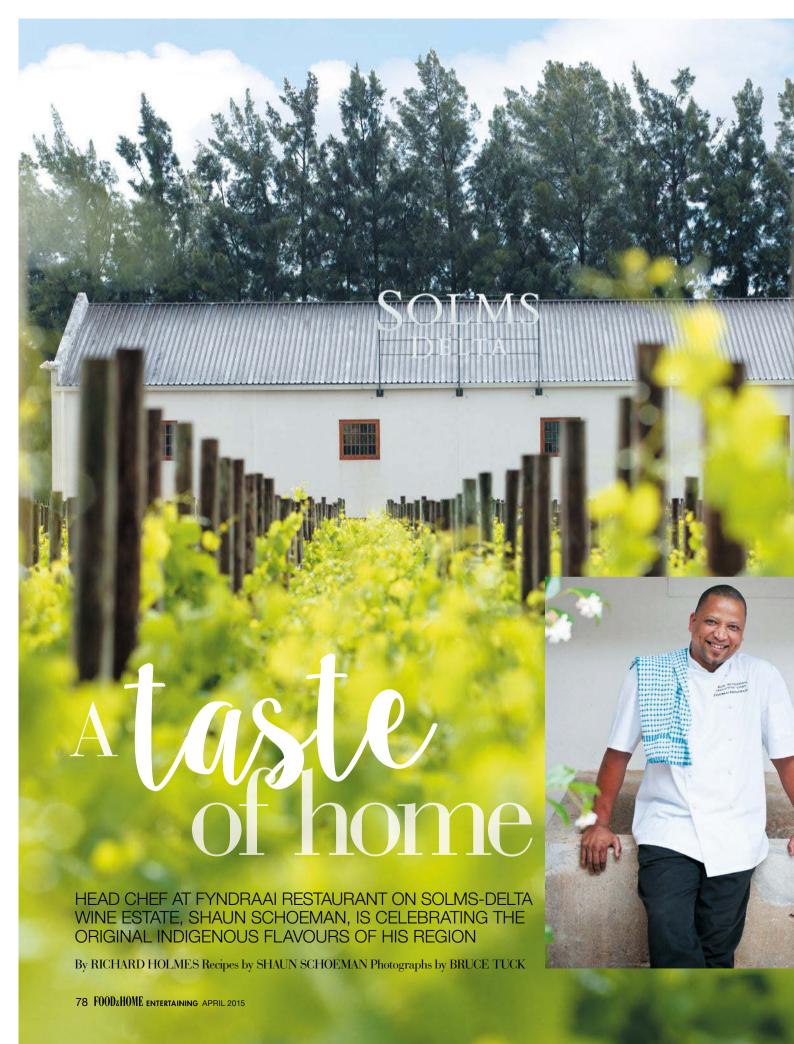
HOW TO DO IT

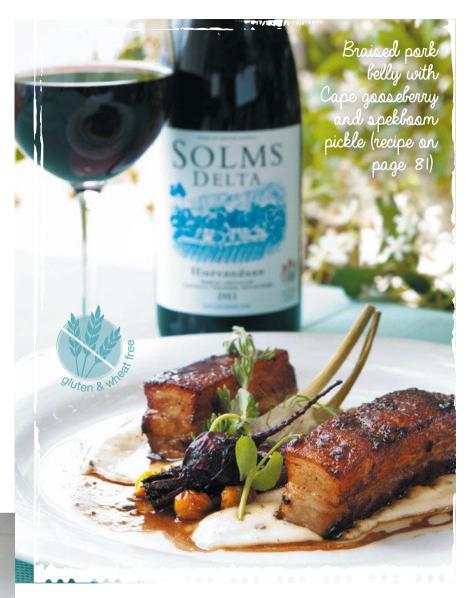
- 1 Heat the cream in a small pot over medium heat until just before simmering. Remove from heat and stir in the chocolate pieces until you have a silky, smooth chocolate ganache. Set aside.
- 2 Top 3 of the doughnut halves with marshmallows, then top each half with a remaining half. Squish together.
- 3 Whisk together the eggs and milk and carefully dip each stuffed doughnut into the egg mixture. Heat the butter in a large frying pan over low heat and fry the stuffed doughnuts, 2 minutes on each side, until crisp and the marshmallows have started to melt.
- 4 Remove from pan, place on a serving plate on top of one another and allow to cool. Top with the chocolate

ganache and serve with baby marshmallows and a side of leftover ganache.









winemaker wouldn't dream of stepping into the cellar without respecting terroir – that delicate interplay of location, geology and microclimate that proves so crucial in crafting great wine. In a very real sense, where a wine is made affects how it tastes on your palate.

While it's long been a key pillar in winemaking, local chefs have relatively recently woken up to the notion of cooking food with one eye on the family tree. One chef doing precisely that is Shaun Schoeman, head chef at Fyndraai

Restaurant just outside Franschhoek.

Here, on the Solms-Delta Wine Estate, it's a notion expressed in their philosophy of 'hiervandaan': food that is distinctly of this place.

"I mean, why open a restaurant on a wine estate in Franschhoek and cook food from France or Italy or Germany?" chuckles Schoeman, who grew up in the area and trained with some of the most celebrated chefs in the valley – the likes of Matthew Gordon, Margot Janse and Ryan Smith – before joining Fyndraai for the opening in 2008.

We're sitting at a table on the oakshaded lawns that spill out from the main restaurant, which was renovated late last year. Thick beams across the ceiling reflect the rich history of the 320-yearold estate, while sleek, screed floors and an airy conservatory section are an understated yet stylish addition. Tables flow from the main dining room to the terrace and out onto the lawns, which are far and away the best choice on a warm Franschhoek afternoon. The feel is upmarket, yet relaxed; an approach that carries through to the menu.

"Here, we do proper 'lekker kos'," says Shaun with a smile, although he's underplaying the accomplished cooking on offer here. The menu has a classy, modern-European feel to it although the portions are generous and plating uncomplicated, with layers of texture and flavour. More importantly, adds Shaun, "all the ingredients are local, and the cuisine is influenced by three important South African cooking cultures."

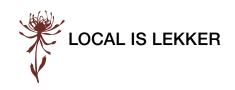
The flavours of the Cape shine through in fragrant Malay-influenced rotis and biryanis, while the winter menu leans towards hearty 'boerekos': oxtail, bredies and slow-braised meats. Perhaps most interesting, though, is the influence of indigenous Khoi culture in the unusual herbs and succulents that appear on many dishes.

"We wanted to use the vegetables and herbs of this area," explains Shaun. "Pickled spekboom and pickled elephant leaf both have a lovely tangy flavour that we use in many of our dishes. We also do pickled veldkool, which is a type of wild asparagus. So, although the cuisine at Fyndraai is based on a classical foundation, we use ingredients and elements entirely unique to the region."

Most of the hyper-local ingredients are sourced from the estate's Dik Delta Fynbos Culinary Gardens a few steps from the kitchen. Depending on the season, the chefs could return with lemon pelargonium leaves for a crust on the daily linefish, or perhaps wild rosemary to be rubbed onto the superb lamb main course, which could be a deboned leg browned in lamb fat, a braised neck or a rolled flank.

"You need to make a bit of an effort," says Shaun, who favours slow-cooked, flavour-packed dishes over predictable prime cuts. "You can't just pull out a fillet and throw it on the grill and expect the best. The guest should be able to see that time and love have gone into the dish."

The garden also offers Schoeman's kitchen a wild pantry of indigenous fruits. "We have the kei apple – a really tangy indigenous apple – then we have the



num-num berries and the boetabessie. We also have lovely melons, so we make a makataan melon preserve," says Shaun. "Of course, these fruits only come round once a year, but we bottle and preserve them to use and sell through the year."

The menu changes with the seasons, but the blend of classic techniques and local influences remains constant. Standout dishes include a smoked-ostrich carpaccio served with pickled spekboom, tangy num-num dressing and fynbos greens.

The pork belly main course is another crowd-pleaser, served with spekboom, wild sage and Cape gooseberries.

Adventurous tourists invariably fall in love with the Cape snoek parcel with wild rosemary blatjang and Cape spices. Unusually, it's served with the bones in, says Shaun: "Because that's how we eat snoek in the Cape!"

Staying true to your roots – and celebrating them – is perhaps the overriding theme of each dish leaving the Fyndraai kitchen. "There's a huge shortage of restaurants cooking local food," says Schoeman. "We want guests to come and experience authentic South African food... in South Africa." solms-delta.co.za; 021-874-3937

Sautéed asparagus marinated with sage, nettle and wild garlic pesto Serves 4-5 EASY 50 mins +





2 handfuls fresh nettles (spikes removed)/sweet basil leaves, rinsed 15ml (1 tbsp) garlic, crushed 30ml (2 tbsp) Parmesan, grated 125ml (½ cup) olive oil juice of ½ lemon 15ml (1 tbsp) olive oil 60ml (¼ cup) pine nuts salt and freshly ground black pepper, to taste

ASPARAGUS

3 bunches green/white asparagus, rinsed and peeled 75ml extra virgin olive oil 5 sprigs fresh sage, finely chopped 15ml (1 tbsp) garlic, crushed handful wild/button/large black



mushrooms, sliced handful fresh peas handful Rosa tomatoes, halved salt and freshly ground black pepper, to taste

TO SERVE

roasted carrot (optional)
cream cheese
risotto (visit foodandhome.co.za
for a recipe)
goat's cheese bruschetta (top a 2,5cm
slice of toasted French bread with
creamy goat's cheese)
pelargonium/any edible flowers
(optional)

HOW TO DO IT

1 For the pesto, place the nettles or basil in a food processor or large pestle and mortar together with the garlic, Parmesan, 125ml (½ cup) olive oil and lemon juice and blitz or grind to combine.

2 Heat the 15ml (1 tbsp) olive oil in

a frying pan over low-medium heat and toast the pine nuts until golden brown. Add the toasted pine nuts to the pesto and blitz or grind until smooth. Season and place in a container covered with a lid or cling film until ready to use. This will keep for 4 – 5 days in the fridge. 3 For the asparagus, blanch the asparagus in boiling water for 2 minutes, then refresh in ice water. Remove from the water, place in a bowl, sprinkle with most of the olive oil and add the sage and 5ml (1 tsp) of the crushed garlic. Toss to







combine and coat. This can be done 1 – 2 hours in advance and left to marinate. 4 Heat the remaining olive oil in a frying pan over medium heat and gently sauté the marinated asparagus, 5 minutes. Add the mushrooms and peas and cook until the mushrooms are soft. Add the tomatoes and remaining garlic and sauté, 30 seconds – 1 minute. 5 Toss the asparagus, mushrooms, peas and tomatoes in the pesto, about 10ml (2 tsp) per serving, to coat. Season to taste. 6 To assemble, plate the asparagus and vegetables and serve with a dollop of

cream cheese, some risotto and a slice of

goat's cheese bruschetta. Garnish with

edible flowers, if desired.

Braised pork belly with Cape gooseberry and spekboom pickle
Serves 5 - 6 A LITTLE EFFORT 2 hrs
20 mins + 3 hrs, to precook the pork + overnight, to compress

THE FLAVOUR COMBINATIONS PORK BELLY

1 large carrot, roughly chopped
1 onion, peeled and roughly chopped
2 celery sticks, roughly chopped
2 garlic cloves, peeled and smashed
sprig fresh thyme
2 bay leaves
500ml (2 cups) Solms-Delta Amalie/
good-quality white wine
small splash cider vinegar + extra,
to taste (if needed)
1L (4 cups) fresh chicken stock



salt and freshly ground black pepper, to taste

1,2kg unscored boneless pork belly 30ml (2 tbsp) sunflower oil

CAPE GOOSEBERRY AND SPEKBOOM PICKLE

300ml good-quality white wine vinegar 120g white sugar 300ml sparkling water 3 baby onions, peeled and thinly sliced 5ml (1 tsp) coriander seeds, toasted 250g fresh Cape gooseberries 400g spekboom leaves/cucumber slices (if spekboom not available)

POTATO PURÉE

4 large baking potatoes, peeled and halved 80g salted butter 250ml (1 cup) milk 125ml (½ cup) fresh cream salt. to taste

TO SERVE

onion marmalade, to serve (visit foodandhome.co.za for a recipe) whole baby beetroots, roasted fennel bulbs, roasted fresh herbs (of your choice)

HOW TO DO IT

1 For the pork belly, preheat the oven to 180°C/160°C fan/gas 4. Place all of the ingredients, except the pork and oil, in a flameproof pan in which the pork fits snugly - a casserole dish is ideal. Season, bring everything to a boil, then reduce the heat to medium and slide the pork into the pan. The pork should be totally submerged - if it isn't, top up with water. Cover the dish with a lid or tight tent of foil and place in the oven, 3 hours, undisturbed. 2 When the pork is cooked, leave it to cool slightly in the stock. Line a flat baking tray with cling film. Carefully lift the pork out of the stock and place in the tray. (The stock can be frozen and kept for future use.) Make sure you discard any bits of vegetables or herbs as they will end up pressed into the pork. Cover the pork with another sheet of cling film and place a flat tray or dish on top - the tray must be completely flat as any indentations will be pressed into the pork. Weigh the pork down with another dish or some cans and refrigerate to cool and compress overnight. When ready, strain the pork juices into a jug or small



saucepan, cover and refrigerate until ready to use.

- 3 For the Cape gooseberry and spekboom pickle, place all of the ingredients (except the gooseberries and spekboom or cucumber) in a saucepan and bring to a boil. Remove from heat and set aside. This is your pickling liquid. 4 Place the gooseberries and spekboom or cucumber in a separate container and add the pickling liquid. Cover with a lid or cling film and refrigerate to cool. Once cool, portion the pickled gooseberries and spekboom or cucumber into small sterilised jars or containers, seal and refrigerate until ready to use. This is a natural preserve and will keep for 8 - 10 months in cool storage. It keeps better
- and longer in smaller jars.

 5 For the potato purée, bring a large saucepan of water to a boil. Add the potatoes and cook over medium heat until soft and tender, 25 minutes. Drain the potatoes and wipe out the saucepan. Working with half a potato at a time, pass them through a ricer into the saucepan.

 6 In a separate small saucepan over medium heat, melt the butter with the milk and cream. Gradually whisk the cream mixture into the potatoes and season with salt. Continue to cook over medium heat, while whisking, until hot.
- 7 Remove the strained pork juices from the fridge, lift off any bits of fat and tip what will now be a jelly into a saucepan over medium-high heat and allow to bubble and reduce by about two thirds, until it is starting to become slightly syrupy, 20 30 minutes. Add a few more drops of vinegar, if needed, to taste.
- 8 Remove the pork from the fridge, unwrap and place on a board. Trim the uneven edges so you have a neat sheet of meat. Cut the meat into 10 12 equal slices. Heat the oil in a large frying pan until hot, then reduce the heat. Add 2 pieces of pork to the pan, skin-side down be careful as it has a tendency to spit. Sizzle the pork as you would bacon until the skin is crisp, 5 minutes. Flip over and cook until browned, 3 4 minutes. Repeat with the remaining pieces of pork.
- Repeat with the remaining pieces of pork.

 To assemble, place a large dollop of onion marmalade and pickle on each plate and sit a piece of pork next to it. Top the pickle with a roasted baby beetroot and fennel bulb. Add a spoonful of potato purée to the plate and top with a second

piece of pork. Drizzle over the jus and garnish with herbs of your choice.

Marinated lamb with wild rosemary potato noodles

Serves 4 EASY 2 hrs 30 mins + overnight, to marinate

THE FLAVOUR COMBINATIONS LAMB

200ml olive oil
3 garlic cloves, peeled and sliced
2 sprigs fresh rosemary, finely
chopped
5ml (1 tsp) whole black peppercorns,
crushed
5ml (1 tsp) coriander seeds
4 x 350g lamb racks (bones in)
dash olive oil, to seal
knob salted butter, to seal

SPINACH AND OVEN-ROASTED GARLIC PURÉE

20 garlic cloves
125ml (½ cup) extra virgin olive oil
100g baby spinach leaves
100g walnuts, toasted
30ml (2 tbsp) lemon juice
sea salt and freshly ground black
pepper, to taste

WILD ROSEMARY POTATO NOODLES

3 medium potatoes
260g wholewheat brown flour + extra,
if needed
1 egg
nutmeg, freshly grated, to taste
2,5ml (½ tsp) salt
2 sprigs fresh wild/normal rosemary,
chopped
30g softened butter

LAMB CRUST

80g breadcrumbs
zest of ¼ lemon
10ml (2 tsp) wholegrain mustard
5ml (1 tsp) garlic, peeled and chopped
15ml (1 tbsp) fresh wild/normal/dried
rosemary, chopped
15ml (1 tbsp) fresh/dried parsley,
chopped
50g butter, melted
salt and freshly ground black pepper,
to taste

deep-fried onions, to garnish edible flowers, to garnish









HOW TO DO IT

- 1 For the lamb, place all of the ingredients. except the lamb racks, in a bowl and mix together thoroughly. Rub the mixture over the lamb, making sure the meat is evenly coated. Return the meat to the bowl, cover and refrigerate to marinate overnight.
- 2 For the spinach and oven-roasted garlic purée, preheat the oven to 180°C. Place the whole single garlic cloves on a sheet of foil, drizzle with 15ml (1 tbsp) of the oil and wrap tightly. Roast, 30 minutes. Remove from oven and allow to cool.
- 3 Place the spinach in a colander over the sink and pour boiling water over to wilt the leaves. Cool under running water and squeeze out excess moisture.
- 4 Unwrap the garlic and squeeze the flesh from the cloves into a food processor. Add the spinach and walnuts and process to form a paste. Add the remaining oil, in a slow steady stream, with the motor running, until incorporated. Add the lemon juice, salt and pepper and combine. Store the purée in an airtight container and refrigerate until ready to use.
- 5 For the wild rosemary potato noodles, boil the potatoes, skins on, until cooked, 30 - 35 minutes. Peel the potatoes and push them through a chinois (conical-shaped sieve). Add the flour, egg, nutmeg, salt and rosemary and mix into a stiff dough. Add more flour, if necessary, to make the dough manageable. Cover and refrigerate to rest, about 30 minutes.
- 6 Place the dough on a floured board and shape into a log. Cut the log into 10 - 15 pieces. Shape each piece into a tapered log by rolling it between your hands. It should be about 1cm thick in the middle and pointed at the ends. Bring water in a large saucepan to a boil over medium heat and boil the noodles for 3 - 4 minutes. Remove with a slotted spoon. Melt the butter in a frying pan over medium heat, add the noodles in a single layer and sauté on all sides until golden brown, 3 – 4 minutes. Remove from pan and repeat with the remaining noodles. Keep warm.
- 7 For the lamb crust, place the breadcrumbs, zest, mustard, garlic, rosemary and parsley in a bowl. Add the melted butter and seasoning and mix with your hands until well combined.
- 8 To cook the lamb, preheat the oven to

- 180°C. Prepare the lamb by sealing it in a hot frying pan with a dash of olive oil and butter until browned on all sides. Spoon some of the crust on top of the meat and roast in the oven until the crust is crispy, turning the lamb occasionally, 5 - 6 minutes. Remove from oven and allow to rest before slicing the racks into cutlets.
- 9 To assemble, smear some spinach purée onto your plate. Top with lamb cutlets and a handful of warm noodles. Drizzle with pan juices and garnish with deep-fried onions and edible flowers.

Warm banana malva pudding with home-made vanilla ice cream

Serves 6 - 8 EASY 2 hrs + 2 hrs. to dry the bananas + freezing time, for the ice cream

THE FLAVOUR COMBINATIONS **HOME-MADE EGGLESS ICE CREAM**

180g white sugar 250ml (1 cup) full-cream milk 2 whole vanilla pods, halved and seeds scraped pinch salt 500ml (2 cups) double-thick cream

DRIED BANANAS

2 bananas, peeled 100ml lemon juice 100ml water 1 - 2 pinches ground cinnamon

MALVA PUDDING

2 eggs 500g sugar 500ml (2 cups) milk 500g cake flour 20ml (4 tsp) baking powder 15ml (1 tbsp) bicarbonate of soda 4 ripe bananas, peeled 80g melted butter pinch salt

DARK-CHOCOLATE SAUCE

200ml fresh cream 50ml milk 200g dark chocolate, grated 20g good-quality cocoa powder

WHITE-CHOCOLATE SAUCE

200ml fresh cream 50ml milk 200g white chocolate, grated



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ESTRESSO TRAIN

Recipe and styling by SAM LINSELL Photographs by WARREN HEATH

Espresso marshmallows

These marshmallows are super-easy to make and have a subtle coffee flavour. Use your Breville Espresso Machine Bean to Cup to make the coffee and your Breville 800 Class Mixer to whip them up Makes about 60 marshmallows EASY 30 mins + 1 hr, to cool and set

THE FLAVOUR COMBINATIONS

250ml (1 cup) water
100ml espresso (made using the
Breville Espresso Machine Bean
to Cup)
35g gelatine powder
700g sugar
10ml (2 tsp) vanilla extract
10g icing sugar
10g cornflour
10g cocoa powder

HOW TO DO IT

1 Place the water and espresso in a glass or steel mixing bowl, sprinkle over the gelatine and let it soak, 3 minutes.

2 Place the bowl over a pot of water on the stove set at a medium heat. Add the sugar to the coffee and gelatine mix and stir until the sugar has dissolved, about 5 minutes. 3 Using the Breville 800 Class Mixer, whisk the mixture until light, fluffy and cool. This will take about 10 minutes or more. Add the vanilla just before the end. Once it has thickened and cooled, pour the

marshmallow mix onto a baking tray or into a ceramic dish, which you have sprayed lightly with cooking spray.

Allow to cool at room temperature and set, about 1 hour.

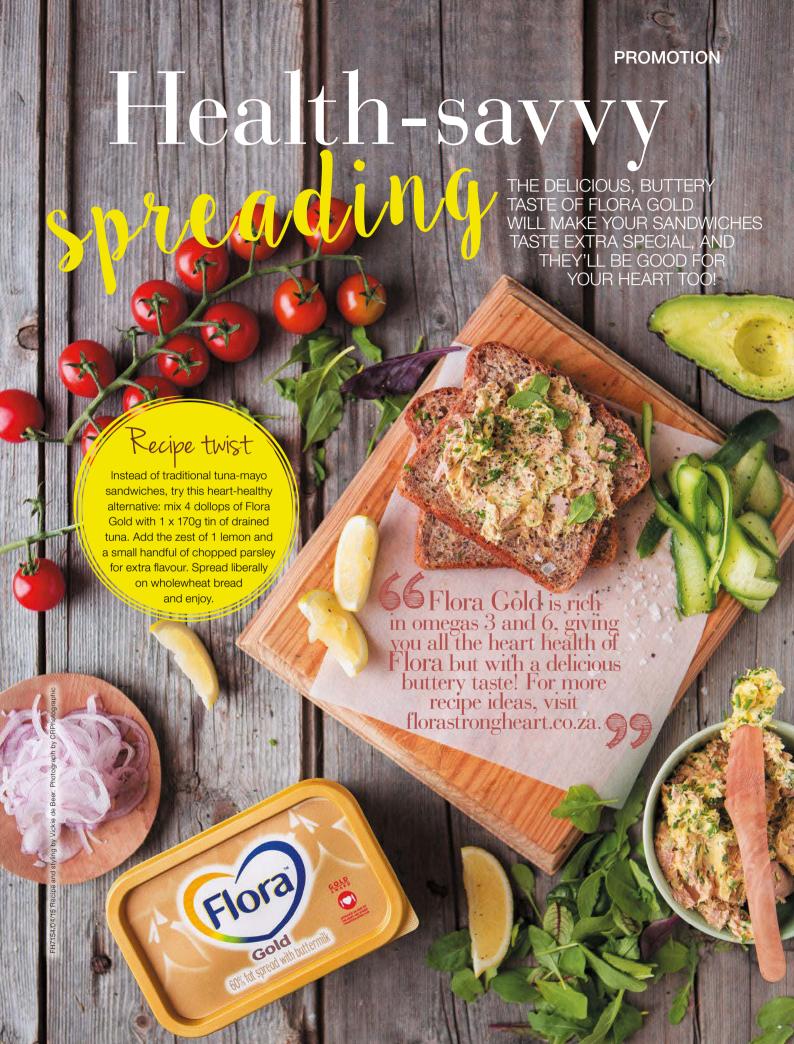
4 Sift together the icing sugar, cornflour and cocoa, then sprinkle a third of it over the set marshmallow. Tip onto a flat surface dusted with another third of the sugar-flour-cocoa mixture. Cut the marshmallow into squares, or whichever shape you like, and toss these lightly in the remaining sugar-flour-cocoa mixture before serving.

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Something Sweet Recipes, styling and photographs by SAM LINSELL

SAM LINSELL IS NO STRANGER TO THE SOUTH AFRICAN FOODIE SCENE AND HER GORGEOUS BLOG, DRIZZLE AND DIP (DRIZZLEANDDIP.COM), REGULARLY FEATURES AMONG THE TOP LOCAL FOOD BLOGS. A FOOD STYLIST AND PHOTOGRAPHER, SAM'S SECOND COOKBOOK, SWEET, IS ALL ABOUT INDULGING IN THE GOOD STUFF – FROM VANILLA TO CARAMEL AND CHOCOLATE, THE RECIPES OFFER SCRUMPTIOUS SWEET TREATS FOR ANY OCCASION



Baked cheesecake with salted caramel sauce

This classic baked cheesecake has a lovely light texture, which I prefer. It's also very easy to make. Drizzle salted caramel over the top for a very decadent dessert. I have also added chopped hazelnut brittle for decoration and texture. Simply pound a few shards in a pestle and mortar.

You could play around with various flavours and omit the caramel, and if you like your cheesecake a little tart, add the juice of a lemon to the mixture. The base comprises a combination of ginger biscuits, digestives and toasted pecans, because I love the taste and texture of this, but you could use only digestives or only ginger biscuits, if you prefer.

BASE

SERVES 12

30 g toasted pecan nuts 70 g ginger nut biscuits 100 g digestive biscuits 100 g butter, melted

FILLING

3 free-range eggs 210 g castor sugar 600 g cream cheese 10 ml vanilla extract 80 ml fresh cream

TOPPING

± 250 ml salted caramel sauce (page 90) butter crunch brittle made with hazelnuts (page 90)

Preheat the oven to 160 °C. Tightly fold 2 layers of aluminium foil over the base and up the sides of a 22-cm springform cake tin. The objective is to ensure that no water leaks through the bottom of the tin while baking. Ensure that the tin is tightly enclosed and that there are no holes, so also line the bottom and sides of the tin with baking paper.

Process all the dry ingredients for the base in a food processor until you have a fairly fine crumb. Add the melted butter and mix. Spread this biscuit mixture over the bottom of the prepared tin and press lightly to create an even layer.

To make the filling, beat the eggs and castor sugar with an electric mixer. Add the cream cheese and vanilla extract and beat until smooth and all the lumps are worked out. Add the cream and mix to combine. Pour this mixture into the biscuit-lined cake tin and smooth out the top with a spatula. The filling should reach just below the top of the tin.

Place the tin in a high-sided roasting dish and fill the dish with hot water to about halfway up the sides of the tin. Bake for 1 hour. Turn the oven off and use a cloth to keep the door very slightly ajar. This slower cooling method prevents cracks from forming. Leave the cheesecake until the oven reaches room temperature, then cover and refrigerate it.

When you are ready to serve, decorate the cooled cake with the salted caramel sauce and butter crunch brittle.



COOKBOOK EXTRACT

Salted caramel sauce

A book entitled Sweet would not be complete without my all-time favourite salted caramel sauce. Once you have mastered this, you will have one of the nicest recipes in your repertoire to use in a multitude of desserts.

MAKES ± 350 ML

200 g granulated white sugar 80 g butter, cut into small cubes 125 ml fresh cream a pinch of sea salt flakes e.g. Maldon® (do not use table salt)

I have found it best to stir the sugar once it starts melting in patches. I know this is contrary to the classic way of working with caramel, but it prevents parts from going too dark and tasting bitter. Take great care, though, not to get the sugar up the sides of the saucepan. Stirring also helps to move the process along and facilitates an even melt.

Over a medium heat, dissolve the sugar in a heavy-based saucepan (be extremely cautious here, as molten sugar can burn you if it comes in contact with your skin). Once the sugar is completely dissolved and a good golden-caramel colour, remove it from the heat.

Add the butter bit by bit, while whisking continuously. Return the pot to the heat and pour in the cream, still whisking vigorously. As soon as the sauce is smooth and well combined, remove it from the heat. Add the salt and stir to dissolve.

Leave it to cool completely, then stir in another sprinkle of salt, but do not let it dissolve. The crunchiness adds texture. Taste, and adjust the salt quantity if desired.

Tip: Should the sauce split (this can happen if you add the cream too soon), return the pot to a low-to-medium heat and continue whisking until it re-emulsifies.

Butter crunch brittle with salted peanuts

I prefer a brittle that doesn't make you feel as though you'll need emergency dental treatment, so I add butter to soften the candy and give it a delicious flavour. You can use any nut you prefer or even a mix. I generally like a high nutto-sugar ratio. Use roasted nuts with a little salt. We all know how well salt goes with caramel.

Broken into shards and wrapped in cellophane, the brittle makes a lovely gift. Be sure to seal as soon as it cools to prevent it from becoming soggy.

MAKES 12–16 PIECES

60 ml water
200 g granulated white sugar
125 ml corn syrup or liquid glucose
110 g butter
150 g salted roasted peanuts (or any
other roasted nuts)
5 ml vanilla extract
5 ml bicarbonate of soda

Grease a baking tray with butter or non-stick cooking spray.

Combine the water, sugar and corn syrup or liquid glucose in a medium-size, heavybased saucepan over a medium heat. Stir until the sugar has dissolved and then bring to a bubbling boil. At this point, stir in the butter and leave to cook until the resulting caramel reaches 147 °C on a sugar thermometer.

Remove from the heat, then add the nuts, vanilla extract and bicarbonate of soda. Stir quickly to coat and tip out onto the prepared baking tray. Spread it as evenly as possible.

Leave the brittle to cool and harden completely before breaking into shards and storing in an airtight container. If you leave it out it will attract moisture and start to soften.



COOKBOOK EXTRACT

out to ensure the quantity is still 200 ml (some liquid may have evaporated); add the vanilla extract and top up with extra milk if necessary. Set aside.

Melt the butter in a medium pot, add the flour and coopa powder and add

Melt the butter in a medium pot, add the flour and cocoa powder and mix vigorously to form a thick paste. Remove from the heat. Add the cooled milk mixture and simmer on the stove-top for 2–3 minutes. At this point it should have a nice thick sauce consistency.

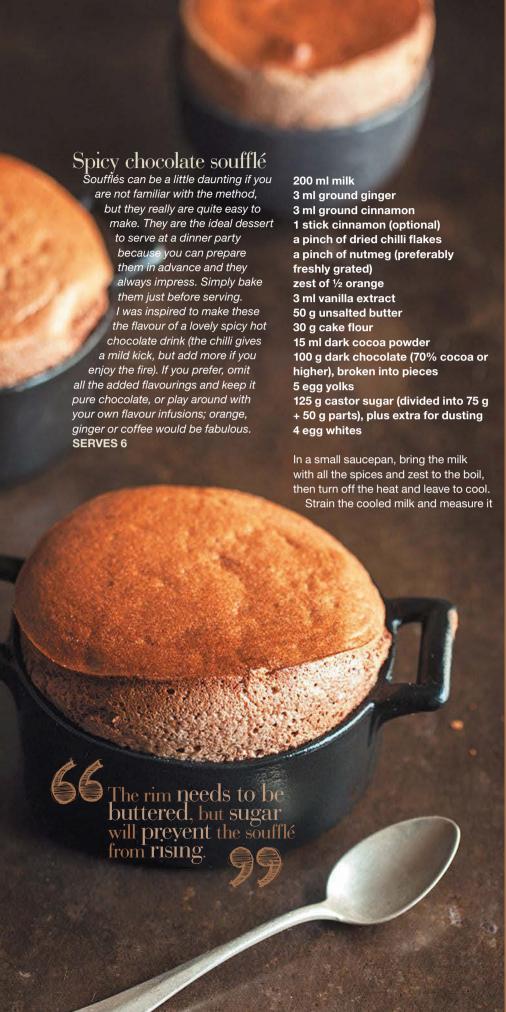
Remove from the heat, add the chocolate pieces and whisk until all melted. Add the egg yolks and 75 g of the castor sugar. Whisk until well combined, then set aside to cool.

Preheat the oven to 180 °C. Butter 6 ramekins with an approximate diameter of 8 cm and a depth of 5 cm. Dust each lightly with castor sugar. Shake out the excess and run your finger over the top inner rim (approximately 1 cm down) to remove any castor sugar around the edge. Do this with a little butter on your finger; the rim needs to be buttered, but sugar will prevent the soufflé from rising.

Whip the egg whites to soft-peak stage, then add the remaining 50 g castor sugar and beat until it becomes a stiff meringue mixture. Mix half of this into the cooled chocolate mixture, then lightly fold in the remaining egg white, ensuring that it is mixed through but without knocking out too much of the air.

Spoon the mixture into the prepared ramekins, filling them almost to the top. Run the tip of a knife or small spatula around the inside edges and bake for 18–20 minutes.

Serve the soufflés immediately as they will deflate fairly soon after they come out of the oven. If you like, spoon fresh cream or lightly whipped vanilla cream over the tops.







Ginger miso ice cream

This is one of my favourite ice creams and I'm extremely proud of it. The miso paste gives it a delicious butterscotch flavour, much like salted caramel. It is so simple to make and uses coconut milk instead of eggs or dairy products, which somehow gives it a cleaner and fresher taste. I also added a teaspoon of lime juice, which wakes it up ever so slightly, but is not totally necessary.

Ginger goes well with cinnamon, honey, lemon, nuts and pineapple, so you

could serve it with a cake or dessert with these flavours. It's also delicious with juicy litchis, a drizzle of honey and toasted almonds.

MAKES ± 650 ML

150 ml water
100 g granulated white sugar
5-cm piece fresh stem ginger,
peeled and sliced
1 x 400 ml can coconut milk
30 ml white miso paste
5 ml fresh lime juice (optional)
15 ml finely chopped or minced

COOKBOOK EXTRACT

crystallised ginger 5 ml ginger syrup

In a small saucepan, bring the water, sugar and ginger to a boil, stirring until the sugar has dissolved. Bash the ginger around with a blunt object to release the flavour. Leave the syrup to cool and the ginger to infuse further.

Strain the syrup into a bowl and add the coconut milk and miso paste. Whisk to ensure the miso is thoroughly incorporated. Add the lime juice (if using), crystalised ginger and ginger syrup.

If you don't have an ice-cream maker, pour the mixture into a plastic tub and freeze for 5–6 hours, beating every 2 hours to break up the ice crystals.

If you have an ice-cream maker, pour the mixture into the ice-cream maker and churn until it is a scoopable consistency. Remove and freeze until ready to serve.

45-second chocolate puddings with salted caramel

I'm not one for baking in a microwave, so I wouldn't share this recipe if I didn't think it great. These puddings are just the thing to whip up in an emergency or if you have a craving for a warm chocolate pudding and you don't want to wait. Made with ingredients that you're likely to have on hand at all times, they are pure winter indulgence and easy enough for kids to make.

MAKES 2

3-5 ml quality instant coffee granules 45 ml milk 60 ml self-raising flour 60 ml granulated brown sugar 45 ml cocoa powder, plus extra for dusting 2 ml salt 1 egg, beaten 15 ml sunflower oil 3 ml vanilla extract 10-20 ml readymade caramel (e.g. Nestlé® Caramel Treat or dulce de leche) with a pinch of salt fresh cream or ice cream, for serving (optional)

COOKBOOK EXTRACT

Dissolve the coffee granules in the milk, then place all the ingredients, except the caramel with a pinch of salt, in a bowl and mix by hand until well combined. Divide the mixture evenly between 2 small bowls, teacups or ramekins.

Drop 1–2 teaspoons of salted caramel into the middle of each pudding; it will settle down towards the bottom. Microwave each individually on full power for 45 seconds. At this stage the pudding will be firm, but still a bit gooey in the centre. If it is too undercooked or too gooey (all microwaves are different), simply microwave for a few more seconds until you are happy with the degree of firmness.

Serve with fresh cream or ice cream and dust lightly with cocoa powder.

Mint julep granita

This is a very adult palate cleanser and excellent for serving between courses on a hot summer night. I prefer it slightly less sweet, but you can up the sugar to 100 g if you like. SERVES 4–8

625 ml water 65 g demerara sugar 250 ml fresh mint leaves, plus extra for garnishing 80 ml bourbon

In a saucepan, bring all the ingredients, except the bourbon, to a boil. Muddle the mint leaves slightly to release their flavour. Turn off the heat and leave this to cool and the mint to infuse further.

Once cool, add the bourbon and pour into a large dish (such as a roasting dish) so that the liquid covers the base to a depth of 2–3 cm. Freeze overnight.

When you are ready to serve, simply scrape ice crystals off with a fork. Fill cups or bowls, garnish with fresh mint leaves and serve with a spoon.



Vanilla cake with poached quince

Quinces are a strange and inedible fruit when raw, but poached in vanilla syrup, they turn into something quite wonderful. It's well worth taking the trouble to cook them when they are in season. This cake has a lovely dense sponge, which stands up perfectly to the quantity of fruit and makes a lovely dessert with dollops of whipped cream. It's best to poach the quinces a day

ahead of baking the cake and keep them in the fridge until required. MAKES 1 CAKE

QUINCES (PREPARE IN ADVANCE)

3 quinces, peeled, cored and quartered 750 ml water 200 g granulated white sugar scraped seeds of 1 vanilla pod

CAKE

200 g butter, room temperature



96 FOOD HOME ENTERTAINING APRIL 2015





By LISA VAN DER KNAAP

Recipes by SHIMANYANA SELLO Photographs by GRAEME WYLLIE



hen you think of a typical chef, the first thing that comes to mind is a fairly rotund person who has the capacity to lose their cool... at the drop of a hat! Shimmy Sello, head chef at Granita – the signature restaurant at Kievits Kroon in Pretoria – is none of these things. He's slim, yet well built from all of the exercise he does. He's also softly spoken, which makes a lovely change to tempers in the kitchen, vet with a splattering of tattoos up his arm, giving him just enough edge. And, although he smiles when he talks about food, his face completely lights up when

Shimmy met Akanyang at school and they both went to Vaal Technikon, where he studied Hospitality Management,

he starts talking about his wife, Akanyang, and six-year-old daughter, Realeboga.

before cutting his teeth at the Sandton Sun Hotel with industry heavyweight, Garth Schnier, as his mentor - and. pretty much from that point, his relationship with Akanyang was a long-distance one, as she works on the mines in Rustenburg, During his five years at the illustrious hotel. Shimmy worked in all sections of the kitchen and, finally, helped to introduce new trends to the menu at Sandton Towers.

Now that he's at Kievits Kroon. Shimmy likes that the drive to

Rustenburg is slightly shorter, so he can see his family as often as he wants. And there's another reason that he loves

nere's another reaction out here: the country estate is n 16 acres of land, with sprawling ens, dotted with Cape Dutch itecture and an invitation for guests st 'not do a lot' – lawn croquet, spatments and man-sized chess aside, ourse. "As soon as I saw Kievits on, I absolutely fell in love with it as so beautiful. I knew this was going be a new challenge and an exciting portunity for me," he says.

Natural beauty aside, the challenge faces in Pretoria is a big one as some his guests think his portions are too mall. "I'm used to the guests from sandton Sun," he says; but, it seems, ne's slowly converting them. "I like to come out after service and chat to my guests about the food. I get all of my feedback from them, so that I can make tiny tweaks to my dishes if I need to," he admits. But what he does here is art; you can see the care and thought he's put into each dish. "Dinner on Saturday is where I really shine," he proudly says of his

Perhaps his unpretentiousness is thanks to his humble beginnings. "When I was much younger, I was really inspired by my brother, who was a cook. I only realised later on that I could make a career out of food. I'm living the dream!" he exclaims. When it comes to food influences, his choice is simple: "I like British cuisine because it looks complicated, but is fairly straightforward, which means that you can concentrate on flavours" - something he's focusing on as he's simultaneously also zhooshing up the menus at the hotel's other dining options: Kingsley's restaurant and 41 Library Bar.

If Shimmy had to describe his food in three words, they would be: "Fresh, creative and simple. I hate the freezer and I'm pedantic about the quality of the ingredients I use. Plus, everything out of my kitchen needs to be homemade," he says firmly. "I think I'm one of the more demanding chefs on my



suppliers' lists, as I like to have fresh ingredients delivered "all the way out here three to four times in a week, if I can; we often get into a tussle about it," he laughs.

"I love to experiment with new flavour combinations," concludes Shimmy. who 'plays' in the kitchen whenever he gets a spare moment. He also makes a point of trying out different high-end restaurants, but sometimes has to go solo, or with someone from work, as Akanyang isn't into these 'funny flavours', and she's used to slightly different cuisine being served at the mines. Akanyang is starting to appreciate food, but it's his daughter who loves to eat what her dad eats and, with a passion for baking at age six, it seems Shimmy better watch his back as there's already another chef in the Sello household.

Granita, 41 Reier Road, Kameeldrift-East, Pretoria; 012-819-8600; kievitskroon.co.za

Mushroom and feta wontons

Small bites to tease your palate before the main event Serves 6 EASY 30 mins

THE FLAVOUR COMBINATIONS

30g white button mushrooms, finely chopped 5a butter salt and freshly ground black pepper, to taste 40g feta cheese, crumbled 15ml (1 tbsp) cake flour 60ml (1/4 cup) water 6 wonton sheets oil, to deep-fry

crimson microherbs, to garnish fresh coriander, to garnish sweet chilli sauce, to serve

HOW TO DO IT

1 In a frying pan over medium heat, sweat the mushrooms in the butter until cooked. Remove from heat, season to taste and set aside to cool (be careful not to add too much salt as the feta cheese is salty).

- 2 Mix the mushrooms with the feta until well combined then divide into 6 equal amounts.
- 3 Mix the flour and water to form a paste. Place the wonton sheets on a clean work surface and apply the paste around the edges of each sheet. Spoon the mixture into the centre of each sheet, then close the wontons by bringing the four corners together in the centre and pressing together to seal.





COOK'S TIP
For a more earthy flavour, toast the pumpkin seeds in a hot, dry pan until they start popping.







4 Heat the oil in a deep-fryer or deep pot to 180°C and deep-fry the wontons until crisp. Remove with a slotted spoon and drain on paper towel. 5 Serve hot garnished with microherbs and coriander with a side of sweet chilli sauce for dipping.

Star anise-scented butternut soup

Serves 2 EASY 30 mins

THE FLAVOUR COMBINATIONS

250g butternut, peeled, seeded and cubed 300ml vegetable stock 150ml fresh cream 10ml (2 tsp) honey 1 star anise pinch salt, to taste basil/herb oil of your choice, to drizzle 5ml (1 tsp) pumpkin seeds

HOW TO DO IT

1 Place all of the ingredients, except the pumpkin seeds, in a saucepan over medium heat and simmer until the butternut is very soft, about 25 minutes. 2 Place the soup in a food processor

- 2 Place the soup in a food processor and blend until smooth. Pass through a fine sieve, return to the saucepan, adjust the seasoning and reheat.
- 3 To serve, pour the warm soup into 2 bowls, drizzle with herb oil and garnish with pumpkin seeds, if desired.

Ginger and pineapple granita

A crisp and refreshing palate cleanser Serves 8 EASY 1 hr 15 mins + freezing time

THE FLAVOUR COMBINATIONS

1,6L water
15ml (1 tbsp) fresh
ginger, peeled
and grated
150g brown sugar
150g fresh
pineapple, cubed

or sliced 60ml (¼ cup) ginger powder 4g tartaric acid (available at major retailers) until it has dissolved. Allow the mixture to cool, then churn in an ice-cream machine according to manufacturer's instructions. If you do not have an ice-cream machine, freeze the mixture in ice trays. Once frozen, you can crush them in a food processor to serve (granita is served like crushed ice).

COOK'S TIP

As an alternative, you can serve this as a chilled drink with your meals if you prefer it unfrozen.

Locally farmed cradle trout with herb crust and granadilla sauce
Serves 2 EASY 2 hrs 30 mins

THE FLAVOUR COMBINATIONS BEETROOT

2 baby beetroots 1 sprig fresh thyme 5ml (1 tsp) sea salt



TURNIP PURÉE

60g turnips 30ml (2 tbsp) fresh cream sprig fresh thyme 150ml chicken stock

POTATO FONDANTS

15g butter
60g potatoes, peeled and cut
into fondants (5cm x 4cm) using
a round cutter
400ml chicken stock
sprig fresh thyme
salt and freshly ground black
pepper, to taste

GRANADILLA SAUCE

pulp of 4 granadillas 250ml (1 cup) fish stock 60ml (¼ cup) sugar 100ml fresh cream

HERB CRUST

100g salted butter 60g dry breadcrumbs 2,5ml (½ tsp) fresh dill, finely chopped 2,5ml (½ tsp) fresh parsley, finely chopped

TROUT

15g butter
1 garlic clove, peeled and crushed
30ml (2 tbsp) onion, peeled and
chopped
2 x 80g fresh salmon trout fillets
1 lemon wedge

cocktail tomatoes and cucumber, finely chopped and fried, to serve microherbs, to garnish

HOW TO DO IT

1 For the beetroot, preheat the oven to 180°C. Wrap the beetroots, thyme and salt in foil and roast, 45 minutes. Remove from oven and let them cool before peeling off the skins.

2 For the turnip purée, place the turnips, cream, thyme and stock in a saucepan over medium heat, and simmer until the turnips are soft, about 25 minutes. Remove the thyme sprig, place all of the ingredients in a food processor and blend into a smooth purée.

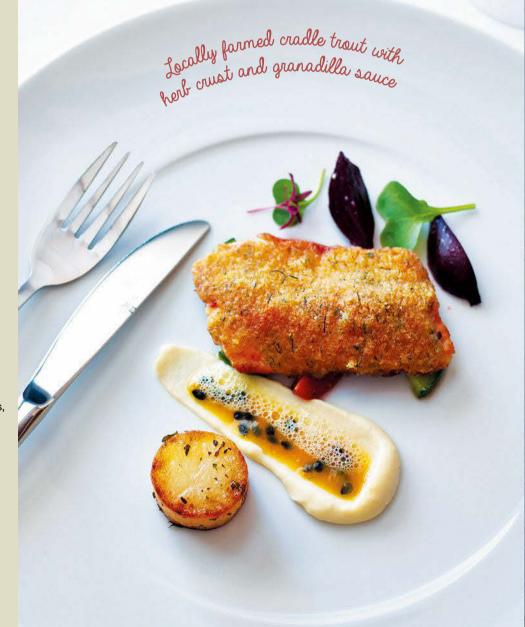
3 For the potato fondants, melt the butter in a pan over medium heat and fry the potato fondants until golden

on both sides. Add the chicken stock, thyme, salt and pepper and let it simmer until the potatoes are soft, about 20 minutes.

4 For the granadilla sauce, place the pulp in a saucepan over medium heat. Add the stock and sugar and whisk for 30 seconds. Let the sauce simmer until it has reduced by two thirds, about 15 minutes. Add the cream and bring to a boil, about 5 minutes. Remove from heat and set aside.

5 For the herb crust, place the butter in a mixing bowl and beat until white and fluffy. Add the breadcrumbs and chopped herbs and mix thoroughly. Spread a thin layer onto a greaseproof tray and put in the freezer, 15 minutes. 6 For the trout, heat the butter in a frying pan over high heat. When the butter

starts to bubble, add the garlic and onion and cook, 1 minute. Add the trout and fry, 1 minute on each side. 7 Preheat the grill. Cut the crust to the same size as the trout fillets and lay it on top. Place under the grill and cook until the crust is cooked and golden brown, 2 minutes. 8 To assemble, use a teaspoon to smear some turnip purée across the plate and pour the granadilla sauce over the purée. Add a potato fondant. Slice the beetroot into wedges and add to the plate along with a heap of the fried tomato and cucumber. Place a fillet of crusted trout on top of the tomato and cumcumber and garnish with fresh microherbs to serve.



Deconstructed pear tarte Tatin with peanut butter and bistachio ice cream

Serves 4 A LITTLE EFFORT 1 hr

+ freezing time

THE FLAVOUR COMBINATIONS **ICE CREAM**

160ml milk

220ml cream

140g sugar

40g pistachio nuts, finely chopped

80g peanut butter

PEARS

4 pears (soft but still firm), peeled 50g castor sugar

50g butter

1 star anise + extra, to garnish

1 cardamom pod

1 cinnamon stick

5ml (1 tsp) brandy

1 x 400g roll ready-made puff pastry, defrosted

edible flowers, to garnish

HOW TO DO IT

1 For the ice cream place the milk, cream and sugar in a double boiler (do not allow the bottom of the bowl to touch the water) over medium heat and keep stirring until the sugar has melted. Remove from heat and allow to cool slightly. Add the nuts and peanut butter and stir until the peanut butter has melted. Churn in an ice-cream machine according to the manufacturer's instructions, then freeze for later use. If you do not have an ice-cream machine, freeze the mixture and beat with an electric beater at a medium speed every 20 minutes until frozen to prevent ice crystals from forming. 2 For the pears, cut the pears into bite-size wedges. Place the sugar, butter, star anise, cardamom pod

and cinnamon stick in an ovenproof

frying pan, about 25cm wide, and place over high heat until bubbling. Shake the pan and stir the buttery sauce until it separates and the sugar caramelises to a toffee colour.

3 Lay the pears in the pan and cook in the sauce until caramelised, tossing occasionally, 10 - 15 minutes. Flambé with the brandy then remove from heat and set aside at room temperature.

4 Preheat the oven to 180°C. Roll the pastry out to the thickness of

a R5 coin. Using a round cutter slightly larger than the muffin wells in the muffin tin you are going to use, cut out rounds and press them into the muffin wells. Blind bake, about 10 minutes. 5 When the pears have cooled slightly, arrange them in and around the baked puff pastry cups. Spoon enough syrup over the pastry so it gets some moisture, and drizzle the rest around the plate. Add a scoop of ice cream to serve.

COOK'S TIP
Use leftover biscuits, macaroons and honeycomb to make crumble or dust. Crush everything together and use as a garnish for the plate. Edible flowers and star anise may be added too.





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apama Private Game Reserve is wild Africa at its best. Sweeping across 13 000 hectares, Kapama lies within the greater Kruger Park area and is home to the Big Five, as well as vast herds of antelope and plentiful predators. Wildlife experiences at Kapama include game drives, guided bush walks and elephant-back safaris, in addition to guided elephant encounters.

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omehow I knew, even before the first mouthful, that I was in for a taste sensation. I had been watching a big slab of dense, white nougat setting in a tray, between layers of rice paper, on the central island of Lianne Scher's kitchen at 1701 in Dainfern...

Veinah Ncube, one of Lianne Scher's trusty helpers, first handcuts the nougat with an old-fashioned paper guillotine, then deftly twists a plain white wrapper around each square. They look deceptively simple, but the wait is worth it. The nougat is just sweet enough, creamy without being sticky, and full of crunchy nuts. Macadamias. Almonds. Heaven.

"It all happens here, from start to finish," Lianne says with satisfaction. "I just love being in my kitchen," which she fondly calls her 'copper kitchen', referring to the carefully collected copper pots and pans and mixing bowls displayed above the central island.

Our conversation is interrupted by an urgent: "Ma'am, the sugar!" Catherine Ndlovu, Lianne's right hand in the kitchen, who has been with the family

for more than a decade, had been watching over sugar thermometers in pots of boiling sugar on the sturdy range cooker at the far end of the kitchen. In between the making up almost 200 packets of nougat, Lianne is also making salted caramelised popcorn and salted macadamia-nut brittle, as a birthday gift for a friend.

"I never tire of it," she says. Her enthusiasm is palpable: a tall glass jar of old-fashioned golden crunchies on the counter attests to that. And so does her kitchen. It's a baker's delight. Bundt-cake tins line the passageway to the scullery, and her pantry is filled with baking paraphernalia. Just off the kitchen, there's a treasure trove of nostalgia: open shelves brimming with vintage kitchen accessories: butter churns, butter presses, mixing bowls, wooden cutting boards and more. "I'm always looking for beautiful vintage things for my kitchen," she says.

It's no coincidence that Lianne chose a French recipe as her starting point. Her love for French cuisine started after school, when she graduated with an advanced diploma from the Cordon Bleu Cookery School of South Africa. In high school, she loved cake decorating, doing courses in it, finding her own creative streak in a family of

artists. She even designed and decorated her own wedding cake!

It was a gingerbread man for her little daughter's lunch box, years ago, that culminated in her having her own label of ginger biscuits, chocolate-chip cookies, shortbread. Florentines and crunchies, as well as nougat. Her Gingerbread Lane products were sold at SUPERSPAR outlets in the Northern suburbs for a number of years. "But I really wanted to make nougat," she says. "It took me some time, even tasting my way around Parisian confectionaries, to find just the right recipe." The recipe she eventually created has been adjusted "about 40 times". In 2011, SPAR bought her cookie recipes,

but "I wanted to keep my nougat recipe a secret"

While Lianne is assisting Veinah, who is measuring real egg whites (unlike powdered, which is used in most other commercially available nougat) into an industrial-sized stainless-steel mixer for a next batch, her son Nicholas and I chat. "I am really excited to be part of the rebranding of my mom's nougat." After a stint in the corporate world, he decided to use his brand-management skills to help Lianne develop the 1701 Honey Nougat. "1701 refers to the year that nougat first became popular in Montélimar, France. The way we make our nougat is similar to that original recipe: honey, nuts and egg whites." Even though nougat-style sweets had been around since the ninth century in Europe and the Middle East, the 1700s marked its French incarnation. "What we ultimately want to do, is to extend the range to offer a very exclusive, beautifully packaged, high-quality nougat for corporate gifting and special occasions," Nicholas adds.

In this copper kitchen, there is no stinting on good-quality, ethically produced ingredients. Lianne is 'handson' every step of the way: sourcing ingredients, developing recipes and, side by side with her helpers around the workstation, she checks, tastes, advises, laughs and chats.

Yet, through it all, it remains a mom's kitchen. Rebecca, Lianne's 19-year-old daughter, wanders in and out during the process, offering the *F&HE* team delicious nougat ice cream and meringue cake, which Lianne has made specially for the occasion.

"I want to continue baking and making old-fashioned treats for my family and friends, but I also want others to experience the deliciousness of good nougat." 1701 truly does evoke sheer sensory pleasure but also offers an experience of connection to the past. Is there a secret ingredient? "Love," she says

1701 Honey Nougat is available at select SUPERSPARS, coffee shops and boutique outlets. For more information and online personal and corporate orders, visit 1701.co.za or call 083 651 0745.





- 3 Using a piping bag with a 1cm cake nozzle, pipe the meringue in a coil-like fashion onto the 3 circles on the prepared baking tray. Bake in the oven until pale golden brown in colour, making sure the centre of the meringue stays slightly soft (it should not be dry), about 35 minutes. Remove from oven and allow to cool.
- 4 For the filling, mix the ice cream with the chopped nougat until softened. Place a 26cm-diameter circle of baking paper in the base of a springform cake tin and top with a round of meringue. Spread half of the ice cream onto the first circle, then add a second round of meringue and top with ice cream again. Add the final round of meringue and place in the freezer overnight.
- 5 To serve, turn out the meringue cake onto a serving plate and top with the beaten cream. Decorate with grated chocolate or pile with the chocolate caraque. Top with some fresh blueberries to finish and serve with a side of strawberries, if desired.

Roasted macadamia nougat with salted honey caramel popcorn

Serves 12 EASY 1 hr + 1 hr, to set

THE FLAVOUR COMBINATIONS MACADAMIA NOUGAT

450g sugar
250ml (1 cup) liquid glucose
80ml (⅓ cup) honey
4 rice paper sheets (available from
good baking stores)
2 extra-large egg whites
pinch cream of tartar
250g macadamia nuts, roasted +
extra, to garnish

SALTED HONEY CARAMEL POPCORN

75g butter
600g castor sugar
400g honey
60ml (1/4 cup) water
7,5ml (11/2 tsp) bicarbonate of soda
220g popcorn kernels, cooked in
125ml (1/2 cup) oil, seasoned with salt
and kept aside in a well-oiled bowl

cornflour, to dust 100g dark Belgian chocolate, melted, to serve

HOW TO DO IT

paper each.

1 For the nougat, place the sugar, glucose and honey in a saucepan over medium heat and stir until the sugar has dissolved. Do not allow it to boil. Brush around the side of the pan with extra water using a pastry brush so that sugar crystals do not cling to the side of the pan. When the sugar has completely dissolved, place a sugar thermometer in the syrup and bring to a rapid boil until the temperature reaches 140°C. Remove from heat.

2 Line the bases of two 20cm-round cake tins with 1 sheet of rice

3 Whisk together the egg whites and the cream of tartar using an electric mixer until soft peaks form. Add the sugar syrup in a steady stream, while continuing to beat, until it is

incorporated. Continue beating until the mixture is slightly cooked and thickened, about 5 minutes. Fold in the roasted macadamia nuts using a large spoon.

4 Pour half the mixture onto the rice paper and press gently with a spoon to flatten. Cover with a second sheet of rice paper and allow to set in a cool place (but not in the fridge), about 1 hour. Repeat with the remaining mixture and the second lined tin.

5 For the popcorn, warm the butter, sugar, honey and water together in a saucepan over low heat, stirring occasionally, until properly dissolved. Do not let it boil. Brush around the side of the pan with extra water using a pastry brush so that sugar crystals do not cling to the side of the pan. Once no grains are visible in the syrup, bring it to

a rapid boil until it reaches 164°C on a sugar thermometer, which is almost at the caramel-stage mark. Remove from heat and set aside until the bubbles subside, about 30 seconds. Add the bicarbonate of soda and whisk it quickly through the hot caramel. Pour the caramel into the bowl of salted popcorn and mix to coat, using a large wooden spoon. Work fast as it sets quickly. Spread the popcorn onto a large oiled baking sheet to dry, then break into chunks once cooled. 6 Once set, turn out the nougat rounds onto serving platters and dust with cornflour. Pile the macadamia nuts and popcorn on top and drizzle with melted chocolate to serve.



Toasted coconut nougat

Serves 12 EASY 45 mins + 1 hr, to set

THE FLAVOUR COMBINATIONS

450g sugar
250ml (1 cup) liquid glucose
80ml (½ cup) honey
2 rice paper sheets (available from good baking stores)
2 extra-large egg whites pinch cream of tartar
2,5ml (½ tsp) coconut essence
130g desiccated coconut, toasted in a dry, non-stick pan until light golden brown

cornflour, to serve lightly toasted coconut shavings, to serve (optional)

HOW TO DO IT

1 Place the sugar, glucose and honey in a saucepan over medium heat and stir until the sugar has dissolved. Do not allow it to boil. Brush around the side of the pan with extra water using a pastry brush so that sugar crystals do not cling to the side of the pan. When the sugar has completely dissolved, place a sugar thermometer in the syrup and bring to a rapid boil until the temperature reaches 140°C. Remove from heat.

2 Line the base of an 28cm x 18cm rectangular cake tin with 1 of the rice paper sheets.

3 Whisk together the egg whites and cream of tartar using an electric mixer until soft peaks form. Add the sugar syrup in a slow, steady stream, while continuing to beat, until it is incorporated. Continue beating until the mixture is slightly cooked and thickened, about 5 minutes. Towards the end of this process, add the coconut essence. Fold in the desiccated coconut using a large spoon. 4 Pour the mixture onto the rice paper and press gently with a spoon to flatten. Cover with the second sheet of rice paper and allow to set in a cool place (but not in the fridge), about 1 hour, before cutting into desired shapes using a very sharp knife. Dip each piece of nougat in cornflour to give it a light coating before wrapping in parchment paper or cellophane. Alternatively, serve as is topped with lightly toasted coconut shavings, if desired.





1701 NIBBLING ON NOUGAT thermometer in the syrup and bring to a rapid boil until the temperature reaches 140°C. Remove from heat. 2 Line the base of an 28cm x 18cm rectangular cake tin with 1 of the rice paper sheets. Whisk together the egg whites and cream of tartar with an electric mixer until soft peaks form. Add the sugar syrup in a steady stream, continuing to beat, until it is incorporated. Continue beating until the mixture is slightly cooked and thickened, about 5 minutes. Towards the end of this process, add the rose-water essence. Fold in the Turkish delight pieces using a large spoon. Pour the mixture onto the rice paper and press gently with a spoon to flatten. Cover with the second sheet of rice paper and allow to set in a cool place (but not in the fridge), about 1 hour, before cutting into desired shapes. Dip each piece 200 of nougat in cornflour before wrapping in parchment paper or cellophane, or (F&HE) serve as is. 160 I want others to experience the deliciousness of good nougat.





IT'S A CULINARY BATTLE OF EAST COAST VERSUS WEST COAST AS FOOD WRITER OLIVIA SPADAVECCHIA JETS FROM ONE SIDE OF THE USA TO THE OTHER ON AN EPIC CROSS-COUNTRY EATING SPREE. SHE RUNS THE GAMUT OF NEW YORK AND SAN FRANCISCO'S FOOD SCENES – FROM FOOD TRUCKS TO FINE DINING AND THE TASTIEST BITS IN BETWEEN...

Photographs by OLIVIA SPADAVECCHIA and SUPPLIED

Food trucks are the vehicles of my dreams. While some may covet a gleaming Ferrari, offer me a humble van, spewing street-side gourmet grub, and my life is complete.

STATESIDE GLIDE

FOR THE LOVE OF FOOD TRUCKS

Food trucks are the vehicles of my dreams. While some may covet a gleaming Ferrari, offer me a humble van spewing street-side gourmet grub and my life is complete. When a site like Yelp has a solid 10 pages worth of reviews for New York City food trucks alone (some as obscure as "the halal cart on 69th Street"), you know it's a big part of how the city eats. While basic carts are found on every Manhattan street corner, head to Madison and Park avenues' business district for the more upmarket world of mobile cuisine. Joining the morning rush of office workers in search of breakfast, I have an attack of envy towards them as I order a pair of freshly made tacos topped with scrambled eggs, cheese, chorizo and avocado from a truck nondescript except for its name: Eggstravaganza (eggstravaganzany.com)!

Hang around until lunchtime and you'll find the streets lined with truck after truck serving everything from Korean to Greek, sandwiches to soups. In particular, look for Uncle Gussy's (unclegussys.com) – it's hard to believe the delicious souvlaki and gyros are coming out of a truck. Opt for juicy marinated pork, chicken or lamb served over rice, or as a sandwich or salad with classic tzatziki. This is street-side dining that's better than any restaurant I've encountered outside of Athens.

While New York's food trucks are more ad hoc, San Francisco has consolidated its expansive offering into a fixed space in the form of SoMa StrEat Food Park (somastreatfoodpark.com). Thankfully set away from the almost-vertical hills of the city centre, you have to seek it out and, when you do, it's probably the most rewarding cab drive of your facestuffing life. The park features a rotation of food trucks at lunch and dinner time and plenty of seating so you can enjoy your meal at leisure. When we visit, the mix is eclectic, featuring everything from Nordic seafood to wood-fired pizzas, Burmese curry, the obligatory burgers and, my first port of call, the food truck so good they had to name it twice: Bacon Bacon (baconbaconsf.com). The pork banh mi calls to me from the chalkboard menu and it is bliss. A thin minced-pork patty rested on



a thick slice of sweet, smoky bacon offset by the bite of fresh jalapeño slices, pickled carrots and coriander. In the world of sandwiches, this creation reigns supreme. The beauty of the set-up is that I can simply walk over to the next truck and continue my culinary escapade with a mouth-watering Burmese tofu curry replete with a creamy, nutty dressing and fabulously contrasting textures of crunchy vegetables and tender tofu. I may or may not have gone on to eat a baconand-onion slider... don't judge me. By establishing the park, San Francisco has elevated the food-truck scene, delivering fantastic variety and

LET'S HEAR IT FOR NEW YORK

quality in a single locale. Sorry.

New York, round one goes to

the West Coast.

When Jay Z spits rhymes about 'truffle season', it's clear that fine dining is the hottest thing right now and, as co-owner of acclaimed West Village hotspot, The Spotted Pig (thespottedpig.com),



he should know. If you can brave the often two-hour wait for a table, you can feast on an informal yet sophisticated offering of oysters with mignonette, burrata with English-pea smash, speck and grilled chilli or seared monkfish with wild mushrooms, cream and spring flowers. In close proximity is Rosemary's (rosemarysnyc.com), a buzzing Italian

STATESIDE GLIDE

eatery that serves artistically crafted plates in loud and laid-back style. Order the 'acqua pazza' (crazy water) and you'll be presented with a steaming bowl of broth laden with seafood and preserved-lemon potatoes. The mapleglazed pork shoulder with prosciutto Bolognese and roasted spring vegetables is as pretty as it is delicious.

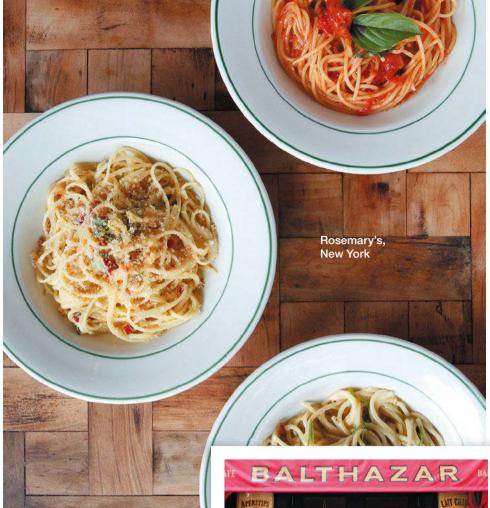
Rounding off my trio of West Village delights is Philip Marie (philipmarie.com), an American bistro with a charming ambiance and the most hilarious maître d' this side of the Hudson. Aim for one of the booths in the window and enjoy a surprisingly inexpensive menu featuring Tuscan-cheese ravioli with broccoli rabe and ricotta salata, or the succulent spinach and artichoke-stuffed chicken breast with garlic and basil mashed potatoes.

We wouldn't be talking about fine dining if we didn't pay homage to the cuisine that started it all... The American-French love affair (highlighted by the gifting of the Statue of Liberty) is evident in the copious number of quality restaurants led by Frenchtrained American chefs. Since Kitchen Confidential first introduced me to

the wonder that is Anthony Bourdain over 10 years ago, I put his New York homebase, Brasserie Les Halles (leshalles.net), at the top of my dining bucket list. The experience was emotional, both in fulfilling a heartfelt foodie dream of mine and also in reaffirming the soulsatisfying pleasure of simple food. I need no more than a piece of steak and fries when they are both perfection. And that's what Les Halles does: traditional starters such as escargot and onion soup along with a variety of steak frites - including less-mainstream cuts like hanger and skirt - paired with their award-winning fries and classic sauces like blue cheese or Béarnaise. For a more diverse meat feast, opt for the choucroute garnie, which arrives as a bowl filled with Alsatian beer-braised sauerkraut topped with a slab of smoked bacon, a pork chop, white veal sausage and a Frankfurter. Enough said.









Following in the footsteps of Brasserie Les Halles are places like Balthazar (balthazarny.com), a bistro set in a converted leather warehouse with a moody amber-hued ambiance that evokes the lamp-lit streets of Paris. The menu, similarly, features fantastic steak frites and classics like duck confit, moules-frites and coq au vin. The roasted cod is also a must. The most poignant thing about these eateries is that the fine-dining element is reserved for the execution of the dishes and the finesse of the ingredients. New York style is not about stuffy dining rooms with overly starched linens - the delivery is on point, but in a more modern and approachable fashion. It's the democratisation of fine fare, and this round of the culinary battle undoubtedly goes to New York.

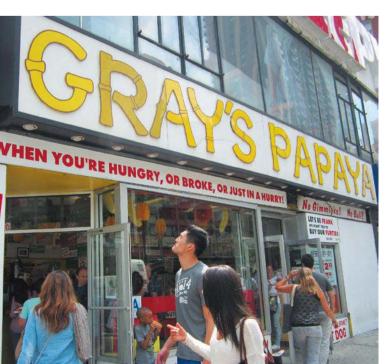
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TABAC CAFE ... LAIT EXPRESSO

STATESIDE GLIDE







NIGHT-TIME NOODLES AND THE HOT-DOG TRIFECTA

After any trip, I like to reflect on the best bits and I have two contrasting highlights: noodles and hot dogs... With Asia right around the bend, it's no wonder San Francisco has such a big influence and the city's foodies can be deeply grateful for geography. When a few too many glasses of Sonoma wine country's delicious cabernet sauvignon have made their way down your gullet, aim for one of the noodle houses dotted around the popular Union Square and you'll find the ideal remedy for your hunger. At King of Thai Noodle House (kingofthainoodle.net), the big-bowl soups feature a light broth and your choice of rice or egg noodles and traditional protein and veggie options. Customise it with condiments like soya sauce, vinegar-submerged chillies and spicy garlic sauce and you'll be slurping like no one's watching.

I'm not sure many people wake up on a New York morning with the sole intention of bingeing on hot dogs... but if you just gasped in recognition, this one's for you. If I had to choose just one 'tube steak' (as the Americans call it) for the rest of my life, it would be the deep-fried dogs from Crif Dogs (crifdogs.com) in Brooklyn. In particular, the sour cheese, which features two thin slices of pickle and luminous orange cheese sauce. So bad, but oh-so good.

The subway system and sausage vendors' clever positioning makes it easy to travel from one point to another on the hot-dog triangle that is 72nd Street and Brooklyn's Bedford and Bergen avenues. Walk out at 72nd and straight into Gray's Papaya (grayspapayanyc.com) - the original hot-dog shop serves them classic style with a Frankfurter topped with onion relish and sauerkraut. It's cheap too: the recession special for US\$4,95 (about R11,67*) offers you two hot dogs plus a soda. Rounding up the trinity is Bergen Avenue's Bark Hot Dogs (barkhotdogs. com) for a more gourmet version of the classic featuring an incredibly tasty sausage with traditional toppings, but more inventive side orders like the fried Brussels sprouts with cheese sauce. Plus, they serve beer. You're welcome.





RECIPE INDEX

APRIL 2015: EASTER FEAST

MEAT AND DOLLLEDY
MEAT AND POULTRY
Braised lamb neck in a sweet & spicy jus with Paris mash & ginger carrots70
Braised lamb, rhubarb and
feta yoghurt25
Braised pork belly with Cape gooseberry
and spekboom pickle81
Citrus and biltong salad with
maize-meal croutons59
Concentrated tomatoes, Parma ham
and sweet melon granita23
Croque-monsieur French toast74
Fresh figs, Brie and prosciutto
bites with macadamia-nut brittle37
Hubbard squash and sage ravioli
with bacon butter42
Hubbard squash and steak salad with
Gorgonzola and pomegranate42
Korma lamb kebabs with
minted yoghurt56
Lamb steak tagliata with
hummus bruschetta53
Marinated lamb with wild
rosemary potato noodles82
Lamb meatball tray bake
with onions, sweet peppers,
tomatoes and herb oil55
Parma ham-wrapped hubbard
squash chips with paprika dip41
Pulled Moroccan lamb knuckles with
apricots in a sesame filo coil53
Roast sirloin of beef with corn and
bacon crust and a chilli,
mustard and corn jelly62
Slow-roasted leg of lamb
with a spicy pomegranate jus
and bulgur wheat salad56
FISH AND SEAFOOD
Crab soufflé69
Imbuya and samp pesto yellowtail with
shisa nyama amadumbe crisps61
Locally farmed cradle trout with herbed
crust and granadilla sauce
ordst and grandalla sadoc
VEGETARIAN
Baked chevreau with lyonnaise,
port reduction and tarragon oil70
Curried cream of corn soup
with popcorn69
Fennel panna cotta, grapefruit jelly
and chive-oil emulsion22
French-toast batons with wild
mushroom and sage butter73
•

Hubbard squash slices with	
a cinnamon and nut crust	41
Mushroom and feta wontons	
Sautéed asparagus marinated with	50
sage, nettle and wild garlic pesto	00
	00
Star anise-scented	
butternut soup	99
Sweet potato, butter and	
aloe syrup bread	59
Ting-inspired cheesy corn bites with	
peanut and sugar bean crumb	60
DESSERTS AND BAKING	
45-second chocolate puddings	
with salted caramel	as
Apple and buttersected French	90
Apple and butterscotch French-	70
toast sandwiches	/6
Baked cheesecake with	
salted caramel sauce	88
Butter crunch brittle with	
salted peanuts	90
Deconstructed pear tarte	
Tatin with peanut butter and	
pistachio ice cream	. 101
Espresso marshmallows	
Fig crème Chiboust	
Fig frangipane tart with spicy	
chocolate-caramel sauce	30
Ginger and pineapple granita	
Ginger miso ice cream	
Hot cross bun French toast with spice	
orange syrup and mascarpone	
Hot cross bun tiramisu	
Hot cross buns	47
Hubbard squash and white-	
chocolate cheesecake	44
Marshmallow-stuffed French toast	
with dark-chocolate ganache	76
Melkkos ice cream and spicy pumpki	
seed tart with gooseberries	
Mint julep granita	
Nougat ice cream cake	. 100
Orange cream and granadilla-rolled	70
French toast	
Fig and crème pâtissière Pavlova	38
Pear and Gorgonzola-stuffed	
French toast	73
Poached peaches with raspberries	
and sorrel ice cream	26
Roasted macadamia nougat with	
Belgian chocolate and	
salted caramel popcorn	.107
Rose-water and Turkish	
delight nougat	100
g: 1100ga:	



Salted caramel sauce	
Simnebun cake with Italian mering	•
and caramel-chocolate sauce	
Spiced hot cross bun muffins with	
cream-cheese icing	
Spicy chocolate soufflé	
Toasted coconut nougat	108
Vanilla and cinnamon spiced cust	ard
'fondue' with toasted hot cross	
bun fingers	50
Vanilla cake with poached quince	94
Vanilla sponge Easter eggs	12
Warm banana malva pudding witl	h
home-made vanilla ice cream	83
OTHER	
Green Goddess Sauce	17
STOCKISTS	
Aboda083 3	18 8353
Abode072 2	61 3540
Amatuli011-44	40-5065
@home086 (057 6576
Barter Buy Antiques011-6	615-6920
By Word of Mouth011-5	53-7600
Fine & Fabulous021-5	
In Good Company 011-	447-1628
Isabelina082 4	60 8842
La Marina Foods011-6	08-3277
Le Creuset086	177 3321
Liv'ln031-5	72-5484
Loads of Living086	156 5565
Mervyn Gers Ceramics021-5	

ALTITUDE BAKING

All baking recipes in this magazine have been tested at high altitude. Follow this guide for baking at sea level:

Lower the oven temperature by 10°C For every 5ml (1 tsp) baking powder, increase by 1 – 2ml For every 220g (1 cup) granulated sugar, increase by 15 – 30ml For every 250ml (1 cup) liquid, decrease by 30 – 45ml For every 120g (1 cup) flour, decrease by 15ml (1 tbsp)

TRIVIA ANSWERS FROM PAGE 120

- 1 A type of bread 2 G.H. Mumm 3 Turkish delight 4 Mexico 5 Fish 6 Fermented Greenland shark 7 Fondue 8 Frogs' legs
- 9 One of the oldest mould-ripened cheeses from Normandy, France 10 Rosemary 11 Greece 12 Good Friday 13 Puerto Rico
- 14 A lumbar vertebra 15 Australia

SOUTHAFRICAN

GARDERHOME

REAL HOMES FOR REAL PEOPLE



IN THE APRIL ISSUE OF *GARDEN AND HOME* FIND OUT HOW THE INCONVENIENT, THE OUTDATED AND THE UGLY HAVE BEEN **TRANSFORMED**INTO SPACES ANYONE WOULD LOVE TO LIVE IN. WITH 45 PAGES OF REALLIFE GARDEN AND HOME MAKEOVERS, FROM PATIOS AND POOLS TO
KITCHENS AND BATHROOMS THERE ARE LOADS OF IDEAS TO INSPIRE YOU.

ITIVIA

HOW WELL DO YOU KNOW YOUR FOOD?

Compiled by TARYN DAS NEVES

1 Paska, traditionally eaten as part of an Easter meal in Eastern European countries, is what?

2 Bottled in northern France, which champagne brand is sprayed from the podium at Formula 1 Grand Prix races?

3 Lokum is more commonly

known as what

confection?

4 Where does the chayote or 'vegetable pear' originate from?

5 The sauce meunière is normally served with what?

6 What does the Icelandic dish, hákarl, consist of?

7 Which Swiss dish would you prepare and serve in a caquelon?

8 Which iconic French dish is called 'cuisses de grenouille'?

9 What is Neufchâtel?

10 Which herb gets its name from the Latin for 'dew of the sea', which it resembles?

11 Avgolemono soup is a lemon and egg soup from which country?

12 In historically Christian countries, hot cross buns are eaten on which day?

13 Tembleque is a coconut pudding from which island?

14 What is the bone in a T-bone steak?

15 In which country were Granny Smith apples developed?

FOR ANSWERS, TURN TO PAGE 118.



BRINGING HOME THE BACON



The farm has been in my family since I was three. We moved to Franschhoek when I was 10 and I went to school just down the road. It's got my entire childhood tied up in it, so it's a very nostalgic place for me. But, I remember being 18 and swearing I was never coming back to Franschhoek! What you want when you're 18 and when you're in your late twenties or early thirties and have children are very different things. You don't see that when you're 18.

My dad has always had other business interests so this was a lifestyle farm. He had a long-term couple who managed it, but they moved on and, one day, he suddenly woke up and the farm was just not in a good way. He was incredibly busy and was overseas at the time so he couldn't come and sort it out. He put the farm on the market under one condition: if I could get it into better shape within a year and it hadn't yet sold, we'd take it off the market. And we're still here four and a half years later!

It's not like I suddenly woke up and said, "Yes, of course, I'll make the wine and, of course, I'll manage the vineyards." That's a four-year degree and hugely scientific. But the operations management that I ended up taking on has been incredibly rewarding. It's also about learning to manage your way through procrastination when you really don't feel like it. You know those projects you don't want to do? I have them and I sit there telling myself to do it, do it!

Bacon's a running joke in my family.

We're Jewish but we're not practising. In our house – we're not kosher either, obviously – my dad's always spoken about bacon like it's not pork. We love bacon. It's really delicious, you can eat it by itself, it makes everything better. In bacon we trust. You know in *The Hitchhiker's Guide to the Galaxy* where the answer to everything is 42? I believe the answer to everything is bacon.

One night, I was pondering on the Wine of the Month Club and

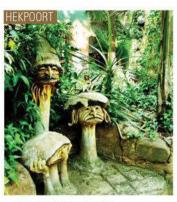
I thought, "Wouldn't it be cool to have a Bacon of the Month

Club?" That's where it started. You can subscribe for one month. three months, six months or a year. Each month, you'll get 500g of bacon - developed and produced by Neil 'His Royal Porkness' Jewell (of Bread & Wine fame) - delivered to a designated collection point near you. So far, it's done very nicely for us and it's certainly captured people's imaginations. We get the nicest feedback from customers: fabulous phone calls or messages to say that we made their day. It's an amazing experience to have that kind of brand. I'd like to expand Bacon of the Month

Club beyond South Africa. It has done amazingly well and I think it has fared better than we thought it would. I'd also like to see the farm go from strength to strength. I'd like to be sitting here, 10 years from now, looking back at how it evolved, while still maintaining the integrity of the past.

moreson.co.za; baconofthemonth.co.za





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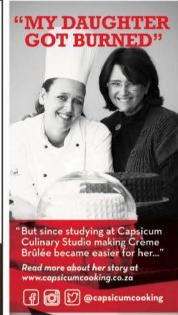


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SPAR Savoury Bread and Butter Pudding





SPAR Fruit Smoothies (cover recipe) Serves 4 EASY 15 mins

1 frozen banana 150g SPAR Freshline Fruit (of your choice), sliced + extra, to garnish 500ml (2 cups) SPAR Fruit Juice (of your choice) 130g SPAR Plain Yoghurt 4 ice cubes

1 Place all of the ingredients in a blender and blitz until smooth. 2 Pour into glasses, top with your choice of fruit garnish and serve.

Make a berry smoothie – berries are an excellent source of antioxidants, vitamin G and fibre.

Serves 6 EASY 1 hr 15 mins

SPAR Butter, to grease
6 SPAR Pork Sausages, sliced
15ml (1 tbsp) SPAR Extra Virgin Olive Oil
150g SPAR Freshline Button
Mushrooms, sliced
1 medium baguette, cut into 20 slices
45g SPAR Butter, softened
100g SPAR Cheddar Cheese, grated
8 SPAR Free Range Eggs Large
250ml (1 cup) SPAR Milk
250ml (1 cup) SPAR Long Life Cream
handful fresh parsley, chopped
salt and freshly ground black
pepper, to taste

microherbs, to garnish

1 Preheat the oven to 160°C. Grease a 1L-capacity oven dish with butter.

2 Cook the pork sausages in the oil in a frying pan over medium-high heat until golden brown and cooked through. Remove from heat and allow to cool before slicing. Fry the mushrooms in the oil in the same pan until done, 5 – 7 minutes. Remove from heat and set aside.

3 Spread the slices of bread with the 45g butter and pack the bread slices,

3 Spread the slices of bread with the 45g butter and pack the bread slices, overlapping, into the oven dish. Tuck the cheese, mushrooms and sausages in between the bread slices.

4 Whisk together the eggs, milk, cream and parsley and season to taste. Pour this savoury custard into the dish over the filling and set aside to soak, a couple of minutes. 5 Place the oven dish in a larger oven dish filled halfway with boiling water and bake in the oven until the custard is set, 40 minutes. Garnish with microherbs just before serving.









SPAR Orange Blossom and Herb Naked Cake with Cream Cheese Icing

Serves 12 **A LITTLE EFFORT** 1 hr 30 mins

160g SPAR Dried Peaches, chopped 125ml (1 cup) SPAR Rooibos Tea 8 SPAR Free Range Eggs Large 330g SPAR Castor Sugar 15ml (1 tbsp) orange blossom water 300g SPAR Self Raising Flour, sifted 240g SPAR Almonds, ground 30ml (2 tbsp) orange zest 30ml (2 tbsp) fresh thyme, chopped 30ml (2 tbsp) fennel seeds, lightly toasted 200g SPAR Butter, melted

VANILLA CREAM CHEESE ICING 100g SPAR Butter 500g SPAR Plain Cream Cheese 5ml (1 tsp) vanilla essence 200g SPAR Icing Sugar, sifted

fresh herbs, to garnish figs, to decorate

- 1 Preheat the oven to 160°C. Line and grease two 20cm-diameter cake tins. 2 Chop the peaches and soak them in the Rooibos, 15 minutes. 3 Drain the peaches and set aside. 4 Place the eggs, castor sugar and
- 4 Place the eggs, castor sugar and orange blossom water in the bowl of an electric mixer and whisk until pale and tripled in volume, 15 20 minutes. Gently fold in the flour, almonds, orange zest, thyme, fennel, melted butter and peaches until well combined.
- 5 Divide the mixture evenly between the two cake tins and bake until golden brown and a cake tester inserted into the middle comes out clean, 45 – 50 minutes. Turn out onto wire racks and allow to cool completely. 6 For the icing, mix all of the ingredients together until smooth. 7 To assemble, halve each cake horizontally. Place the bottom layer on a serving plate. Using a palette knife, spread a quarter of the icing over the top of the cake. Repeat this with the remaining layers, finishing with a final layer of icing. Decorate with fresh herbs and figs to serve.







SPAR CREAM CHEESE

Made from cream and full-cream milk, the smooth, creamy SPAR Cream Cheese is available in a variety of flavours. SPAR Cream Cheese contains no preservatives and is the flagship product of the dairy. The cows are free range and allowed to graze freely on farms along the South African Garden Route.





SPAR CREAMED COTTAGE CHEESE

SPAR Creamed Cottage Cheese has extra cream added, making it a great option for baking, dips and toppings. Produced by a dairy with world-class health standards and proudly South African, this SPAR dairy supports local communities and employs 300 local workers.



hens that are not caged but are given access to an outdoor-range area accessible through openings in the side of the barn. SPAR Free Range Eggs are graded within a specified weight scale, the appearance of the eggshell is specified and the yolk colour rated on the Roche Yolk Colour Fan.

SPAR BUTCHER'S BEST STREAKY BACON

SPAR Streaky Bacon is cured and smoked from top-quality pork in a facility that sponsors several employee-upliftment programmes.



